

Kashmiri Tabak

Yield: 4 min

Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-indian-lamb-ribs-recipe>

Ingredients:

- 1 3/4 pounds lamb ribs or lamb shoulder chops
- 1 teaspoon salt
- 1/4 teaspoon chilli powder
- 1 tablespoon fennel powder
- 1 tablespoon ginger powder
- 1 tablespoon fresh ginger peeled and minced
- 1 tablespoon garlic minced
- 1 teaspoon turmeric
- 2 bay leaves
- 6 green cardamoms crushed
- 4 cardamoms black
- 2 3/4 inches cassia bark
- 2 teaspoons asafoetida
- 7/8 cup milk
- 2 teaspoons saffron ground
- 2 tablespoons ghee or 2 tbsp vegetable oil
- fresh coriander handfull, chopped

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 12 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 4 grams
7. SaturatedFat: 1 grams
8. Sodium: 640 milligrams
9. Sugar: 3 grams

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