

MUTTON STEW

Diary
of a
PMP
Mom.

Mutton/Beef

Serves 3-4 persons



500 gm Mutton
500 gm Onions (*sliced*)
1 tsp Ginger Paste
1 tsp Garlic Paste
125 gm Yogurt
5 Dried Red Chilies (*Whole*)
4-5 Cloves (*Laung*)
10 Black Pepper Corns
1 tsp Cumin Seeds (*Zeera*)

1 Big Cardamom (*Bari Illaichi*)
1 tsp Salt
1-2 Medium Tomatoes
3-4 tbsp. Oil

- 1 Fry onions till they turn pink.
- 2 Add mutton, ginger, garlic, cardamom, cumin, black pepper, red chilies , cloves, salt and tomatoes and fry for a few minutes.
- 3 Put 2 cups water and let it cook (*covered*) until the meat becomes tender.
- 4 When only little water is left add yogurt and cook until the water dries and the oil separates form the gravy.
- 5 Serve with Roti

This is a really special and popular recipe from my mom's recipes. Growing up, whenever there was a one dish in our family, my mom was asked to make mutton stew (*ALWAYS!*).

For step by step instructions with pictures visit www.DiaryofaPMPmom.com