

Minced Mutton Kheema Curry

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You can't really get more traditional than this mutton kheema curry and it is absolutely delicious. The mutton lends a deep, rich flavour to the curry, although you could use minced lamb if you don't like the idea of mutton or if you can't find it. Remember to remove the cinnamon stick and cardamom pods before serving.

Ingredients:

500g mutton mince
200g tinned chopped tomatoes
1 small chopped onion
2 tbsp. plain yoghurt
1 tbsp. each of minced ginger, minced garlic and vegetable oil
2 cloves, 2 cardamom pods and 1 broken cinnamon stick
1/2 tsp. each of garam masala and chilli powder
1/4 tsp. each of caraway seeds and ground turmeric
1 tsp. salt

Directions:

1. Place half of the ginger, garlic and chilli powder into a bowl. Add the mutton mince, mix well and leave to marinate for half an hour.
2. In a deep frying pan, heat the oil to a medium temperature before adding the cardamom pods, cinnamon stick, cloves and caraway seeds. Leave to fry for thirty seconds before adding the onion, turmeric and the remaining ginger, garlic and chilli powder.
3. Add the mutton and cook until browned on all sides, around ten minutes.
4. Add the tinned chopped tomatoes, garam masala and salt, then simmer for at least twenty minutes.
5. Stir in the yoghurt before serving.

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