

Spiced Mutton Chops Recipe

Ingredients:

6 mutton chops
5 tomatoes, chopped
2 slices of ginger, finely chopped
2 cloves garlic, finely chopped
2 green chilies
1/2 cup coriander (cilantro) leaves, chopped
1 1/2 cups yogurt
1 teaspoon garam masala
1 teaspoon chili powder
1 tablespoon coriander (cilantro) powder
Pinch of nutmeg
1 teaspoon salt
3 tablespoons ghee or oil

Method:

Cover chops with tomatoes, ginger, garlic, chili and coriander leaves in a pot. Add a little water to prevent sticking and cook, covered, simmering till the liquid dries up. Mix the dry spices of garam masala, chili powder, coriander powder and nutmeg into yoghurt. Add salt. Coat the chops with this mixture and leave at least an hour allow the spices to penetrate the meat. Heat oil or ghee in a pan and fry chops on both sides until brown. Serve with mint chutney on the side and garnished with coriander leaves and lemon halves.

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