

# Yoghurt Mutton Recipe

**Ingredient A:** Serves 4

1kg mutton (cubed)

**Ingredient B:**

250g ghee or oil

250g shallots (sliced)

5 pips garlic (sliced)

**Ingredient C:**

150ml tomato puree

500ml water

**Ingredient D:**

370 ml fresh, natural yoghurt

**Marinade:**

130ml shallot juice

2 tablespoons soy sauce

3 teaspoons pepper

1 tablespoon old ginger juice

4 green chilies (pounded)

10 green chili padi (pounded)

**Seasonings:**

1½ tablespoons brown sugar

2 tablespoons honey

1 teaspoon salt

2 tablespoons lime juice

**Spices I:**

2 cloves/bunga cengkih

2 star anise/bunga lawang

2 cinnamon bark/kayu manis

4 cardamoms/buah pelaga

**Spices II:**

1 teaspoon mustard seeds/biji sawi

15g coriander leaves (chopped finely)

70g galangal/lengkuas (pound fine)

20g old ginger (pound fine)

**Spices III: (pound coarsely)**

1 teaspoon cumin/jintan putih

1 teaspoon anise seeds/jintan manis

1 teaspoon black peppercorns/lada hitam

1 teaspoon coriander seeds/biji ketumbar

**For garnishing:**

50g whole almonds (toasted)

**Method:**

Wash cubed mutton of ingredient A. Marinate with marinade for 5 hours and above (preferably overnight). Heat wok, put in ghee or oil from ingredient B. Fry sliced shallots, garlic until light golden. Scoop out, pound and keep aside. In the remaining oil, fry marinated mutton for approximately 10 minutes. Dish it up. Use the same wok, fry **Spices I** for a minute and add in **Spices II** and **III**. Fry over low heat for 3 minutes. Add in ingredient C, turn to high heat and cook until it boils. Turn to low heat and simmer for a further 15 minutes. Add in fried mutton and

ingredient D. Over low heat, stir it often for two hours until meat is soften. Add in seasoning. Adjust taste if desired. Sprinkle garnishing before serving. You can omit the steps of frying the shallots and garlic with the pre-packed type, easily available at sundry shops.

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