

# Mutton Rara

Minced Mutton with lamb chunks

**Hari**  
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## Ingredients

3 tsp rapeseed oil

### Whole Spices

7cm piece of cassia bark

2 whole black cardamom

4 green cardamoms

5 whole black peppercorns

4 cloves

1 star anise

2 bay leaves

1 tsp cumin seeds

### Masala sauce

2 onions finely chopped

1 tbsp ginger, grated

7 garlic cloves, minced

8 dry whole red Kashmiri chillies

4 tomatoes finely chopped

1 tsp turmeric

salt to taste

250g minced mutton or lamb

500g mutton or lamb chopped (preferably on the bone)

1 tsp coriander seeds, crushed

2 tbsp Greek yoghurt

1 tsp garam masala

handful of coriander leaves, chopped

## Method

- 01** Pour oil into a heavy based pan and fry all the whole spices until fragrant.
- 02** Add the onion and garlic and cook for about 10 minutes until soft and browned.
- 03** Meanwhile soak the Kashmiri chillies in some boiling water to let them soften.
- 04** Stir in the tomatoes and ginger and leave to cook until they start to breakdown.
- 05** Add the turmeric, the crushed coriander seeds and the soaked chillies.
- 06** Add the mince and stir it into the sauce until it browns.
- 07** Turn the heat up and add the pieces of mutton and give it all a good stir so the meat begins to heat through.
- 08** Reduce the heat, cover with a lid and let it simmer slowly for about 40-60 minutes.
- 09** When the meat is tender turn up the heat and fry it so the sauce reduces and thickens.
- 10** Reduce the heat and stir in the yoghurt one spoonful at a time and remove from the heat.
- 11** Stir in the garam masala and garnish with coriander. Serve hot with roti.



**More on this recipe**

<http://www.harighotra.co.uk/mutton-rara-recipe>

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