

u3a COOK FOR THE KING COMPETITION WINNER

Name of dish: **Pickling
Masala Mutton Curry**

Made by: **Khatoon Noonan**

u3a: **Richmond upon Thames u3a**



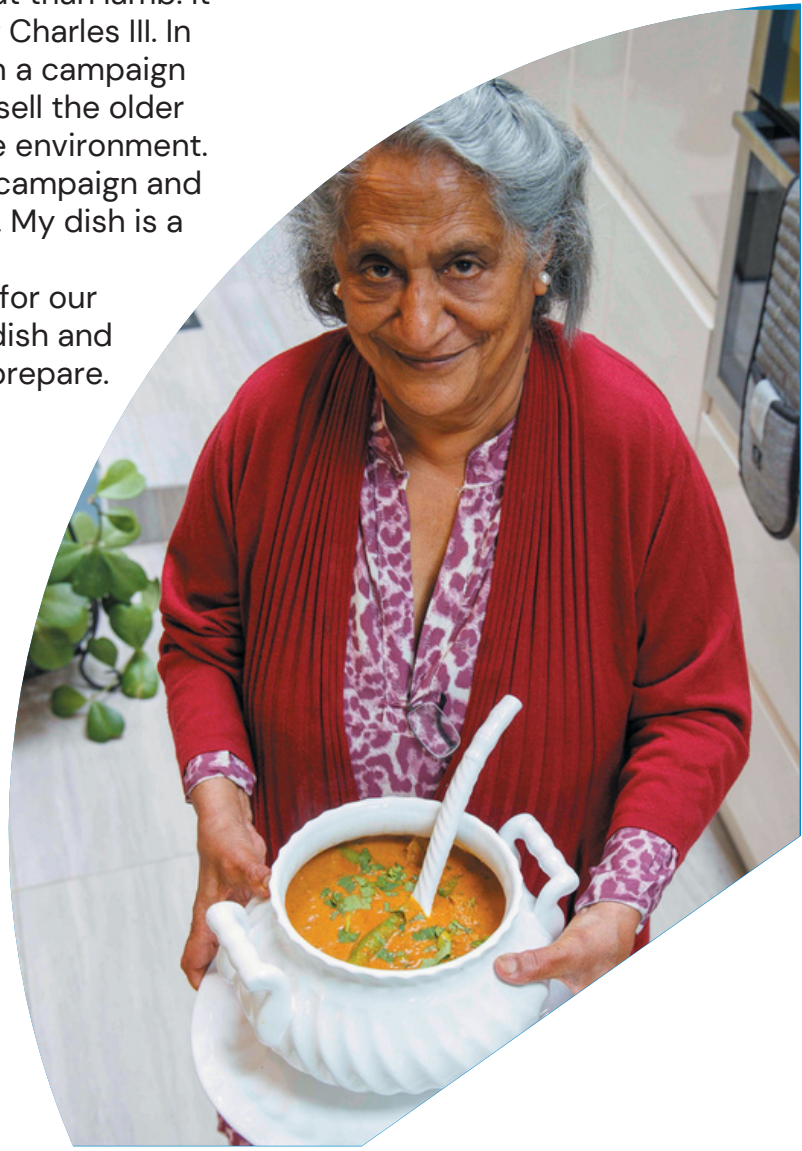
What inspired your dish?

Mutton is a preferred meat of the British ethnic population. Though it is not available in main supermarkets, it is readily available from ethnic butchers and online from local farmers. It is a relatively cheaper and more gamey meat than lamb. It also happens to be the favourite meat of King Charles III. In fact, a few years ago Prince, (King) Charles ran a campaign to promote mutton to help sheep farmers to sell the older animals, helping the food chain and saving the environment. Several restaurants in the country joined the campaign and mutton dishes are now regularly on the menu. My dish is a favourite of my family.

It is exotic, tasty and often forms a main dish for our celebratory dinners & lunches. It's a one pot dish and despite a long list of ingredients it is easy to prepare.

Any additional details

As mentioned before it is a cheap yet exotic and tasty dish to prepare for a large gathering. Kiwi pulp and lemon juice act as a tenderiser to reduce the cooking time. Use of British cold pressed rapeseed oil is a healthier option than ghee or butter and it does not impart any taste. Using Turkish chillies gives a sweet taste and a milder curry.



Ingredients

serves 8

For marinade

1 tbsp of crushed fresh ginger
1tbsp of garlic
Pulp of 2 ripe kiwi fruit
Juice of 1 large lemon.

For main dish

1 kg off the bone leg of mutton
cut into cubes
2 tbsp of crushed fresh ginger
1 tbsp crushed garlic
250g roughly chopped tomatoes
2 large onions roughly chopped
3 tbsp pickling masala powder
(recipe to the right) **or** 3 heaped
spoons of achari (store-bought)
1.5 tsp salt
250g natural thick set yoghurt
5 mugs water
150 ml cold pressed rapeseed oil

For garnish:

Half a bunch of fresh coriander, chopped
Julienne, 1 inch fresh ginger
4-6 fresh green chillies (I prefer to use
Turkish mild long chillies.)

Recipe for Pickling Masala

1 tbsp black pepper, 2 tbsp black mustard seeds, 1 tbsp fenugreek seeds, 2 tbsp fennel seeds, 1 tbsp cumin seeds, 1 tbsp coriander seeds, 4 dried bay leaves and 1 tbsp chilli flakes.

Dry fry the above spice mixture in a frying pan, then grind them in a coffee grinder to give a smooth powder. Store in an air tight container. Will last for 3 -6 months. Alternatively, you can use ready made achari powder from Indian supermarkets.

Method

1. Marinate meat in the marinade for 1-2 hrs or overnight.
2. Blend onions and tomatoes in a blender to give a smooth paste. Keep aside.
3. Heat oil in a heavy pan and fry ginger and garlic for 3-5 minutes. Add marinated meat pieces, fry for a further 10 minutes.
4. Now add Pickling Masala or achari. Mix well before adding tomatoes and onion paste. Cook for a further 5 minutes.
5. Slowly add yoghurt and mix to prevent it splitting. When thoroughly mixed add water and cook on medium heat for 40-60 minutes until meat is tender and sauce has thickened.
6. Finally add salt and lemon juice and chillies halved and slit length wise. Cover and keep for 5 minutes and serve in a deep bowl. Sprinkle coriander and ginger, serve with boiled rice, flat bread, and yoghurt raita.

