

Mutton and Potato Curry



Serves: 4 to 6

Preparation Time: 30 minutes

Cooking Time: 1½ to 2½ hours depending on the cut of the meat



Ingredients

500g	frozen mutton cubes, defrosted in the fridge for 8 hours
600g	potatoes
300g	onions, peeled
10 cloves	garlic, peeled
30g	ginger, peeled
5 tbsp	meat curry powder
½ tsp	salt
3 cm	cinnamon stick
5	cloves
2	cardamom pods
2 cups	water
4 tbsp	vegetable oil

Method

1. Wash mutton and keep aside. Peel potatoes and cut into large wedges.
2. Slice onions, and slice half of the garlic. Pound the remaining garlic with the ginger. Marinate the meat with the pounded mixture and add half of the meat curry powder and the salt. Marinate for 2 to 3 hours.
3. Mix the remaining curry powder with about 4 tablespoons of water.
4. Wash the cinnamon, cloves and cardamom. Heat a wok and add the oil and when it is hot, add the sliced onions and garlic and the cinnamon, cloves and cardamom and stir fry for 4 to 5 minutes till the mixture is fragrant and the onions limp and lightly golden.
5. Add the curry paste, stir fry for 2 minutes, then add the meat and marinade and stir fry for 4 to 5 minutes till the meat changes colour.
6. Add the water and simmer on low heat for about 1 to 2 hours till the meat is semi-tender. Add the potatoes, and simmer for about 25 minutes till the potatoes are cooked. Taste and add more salt if needed.