

# Khatta Meat

## Ingredients

- 1/4 cup mustard oil
- 1 cinnamon stick
- 2 tsp cumin seeds
- 3 black cardamon pods
- 3 whole cloves
- 2 medium onions, chopped
- 2 Tbsp garlic paste
- 2 Tbsp ginger paste
- 1 Tbsp dried fenugreek leaves
- 2 tsp ground turmeric
- 2 tsp salt
- 1 1/2 tsp Kashmiri masala
- 1 dried red pepper, seeded
- 3 cups water, divided
- 2 lbs lamb shoulder, cubed
- 1 1/2 Tbsp dry mango powder (amchoor)
- 2 tsp fennel seeds
- 3 green chilies, seeded
- 2 Tbsp chopped cilantro (optional)

## Directions

Heat oil over medium-high heat in a heavy cooking pot. Add the cinnamon stick, cumin seeds, cardamon pods and cloves and cook until fragrant, 1-2 minutes. Add the chopped onions and cook, stirring occasionally, until soft. Add the garlic and ginger paste and cook, stirring, until they start to brown. Add the fenugreek leaves, followed by the turmeric, the salt, the Kashmiri masala and the red pepper and stir. Add 1 cup of water, stir and cook for a few minutes. Add the lamb and continue cooking for about 5 minutes.

Add the remaining 2 cups of water, cover, bring temperature down to low and simmer for one hour. Stir in the mango powder, fennel seeds, green chilies and cilantro (if using) and cook for a couple more minutes.