

KASHMIRI RECIPES FROM CHOR BIZARRE

MUTTON/LAMB YAKHNI

Ingredients	Unit	Quantity
Mutton / Lamb diced	Kg.	1
Beaten Yogurt	ML.	400
Cardamom Large	Pcs.	5
Cardamom Small	Pcs.	6
Cloves	Pcs.	5
Cinnamon Stick	Stick	1
Bay Leaves	Pcs.	4
Cumin Seed	Grams	5
Asafoetida	Pinch	1
Mustard Oil	ML.	150
Aniseed powder	Gms	15
Cradamom powder	Gms	10
Ginger powder	Gms	5

Method of preparation

Steam cook diced mutton / Lamb until almost tender, remove from fire. Soak asafoetida in water and keep for a while. Smoke Mustard oil to rid off the pungency and cool. Reheat the oil, add asafoetida soaked in water, followed by beaten yogurt and cook for a further 10 to 12 minutes. When this comes to a boil add all the whole spices and the powdered spices. Transfer the cooked mutton / lamb with preferably some Lamb stock and cook until tender and cooked thoroughly. Adjust seasonings and serve hot ideally with steamed white rice.