



KOSHA MANGSHO – BY CHEF BARUN

Kosha Mangsho literally translates to mutton curry. This dish is representative of Bengali cuisine. It's cooked over a low flame for a long time and bursts with flavour from the mutton, spices and mustard oil. The cooking process results in a rich, dark brown curry and succulent mutton that melts on your tongue.

This recipe has been in sous chef Barun's (of Karma Royal Haathi Mahal - Goa) repertoire for a long time and he's now sharing it with you. It's a bit complex and requires a lot of patience - but we'd love for you to give it a try!

Ingredients:

- 750 gm - Mutton
- 3 medium sized - chopped onions
- 1 1/2 teaspoon - Meat masala
- 3 nos. - Bay leaf
- 5 nos. - Cloves
- 1 teaspoon - Sugar
- 3 medium sized - halved potatoes
- 1 teaspoon - Garam masala powder
- 12 nos. - Black peppercorns
- 4 pods - Green cardamom
- 1/2 inch - Cinnamon stick
- 3/4 cup - Mustard oil

For Marination:

- 8 cloves - Garlic
- 2 teaspoons - Turmeric powder
- 1 1/2 teaspoons - Coriander powder
- 4 tablespoons - Yoghurt (curd)
- 1 1/2 inches - Ginger
- 1 1/2 teaspoons - Powdered red peppers
- 1 1/2 teaspoon - Salt

Method:

- Grind clean ginger, garlic and onion in a mixer to make a smooth paste.
- Wash and clean the mutton.
- Add half the ginger-garlic-onion paste to all the ingredients of the marinade and mix well.
- Mix the mutton with the marinade, making sure all the mutton pieces are well-coated.
- Leave it to rest for about 2 hours.
- Pricking the mutton with a fork will ensure that the meat absorbs maximum flavour.
- Heat 2 tablespoons of mustard oil in a wok. Fry potatoes till they turn golden brown.
- Keep aside.
- Next, sauté the whole spices.
- To cook the mutton, add the mustard oil to another wok.
- Add turmeric and then temper with black pepper, cinnamon stick, bay leaves, cloves, and cardamom.
- Add sugar.
- Add the remaining ginger-garlic-onion paste.
- Add meat masala.
- Fry for about 5 minutes.
- When you notice oil separating from this mix, add the marinated mutton and mix well.
- Cook on low flame for about half an hour.
- Add water, depending on how much gravy you prefer and cover the wok. Let the mutton continue cooking, on the lowest flame possible, till it is soft and succulent. This takes about an hour.
- Add potatoes and garam masala and stir well until fully cooked.
- Let it cool. Before serving, garnish with freshly chopped coriander leaves.
- Serve with your choice of bread or rice.