



LAAL MAAS – A RAJASTHANI CLASSIC

**Chef Jeevraj – Karma Golden Camp, Jaisalmer, Rajasthan**

Laal Maas marinades tender mutton in a thick tomato sauce spiced with Mathania chillies – best enjoyed in the middle of the desert with a dome of stars overhead...

**Ingredients:**

- 225 grammes mutton on the bone
- 150 grammes of onion
- 20 grammes of garlic
- 10 grammes of ginger
- 40 ml of ghee (clarified butter)
- 6 whole red chillies (preferably Mathania)
- 15 grammes red chilli powder
- Salt to taste
- 20 grammes of curd
- 3 grammes cinnamon stick
- 5 grammes coriander leaves
- 5 grammes black cardamom
- 2 grammes star anise
- 10 grammes Kashmiri mirch (powdered chilli)

**Method:**

- Half an hour prior to preparation, marinate mutton with ginger and garlic paste, red chilli powder & curd. Heat ghee in a handi (copper cooking basin) or deep pan, then put whole spices and slices of onion till they get brown.
- After that, put in the mutton pieces and fry them for 10-15 minutes.
- Add whole red chill and cook to extract the flavour.
- After this add red chilli powder, salt and Kashmiri mirch and cook on slow flame till the meat is well done.
- Garnish with coriander leaves.