

Rajasthani Laal Maas

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This was the recipe that we cooked up on the Final of the BBC / Netflix Family Cooking Showdown. This is a speciality of the Rajasthan area of India, fusing the fiery Kashmiri Red Chilli spice into a tantalising mutton dish. In Tommy Bank's words, this was 'the best lamb curry he has ever had'. We hope you all try cooking this recipe and feel the same way :).

Mistry Kitchen's winning Rajasthani speciality mutton recipe, This is the winning dish that Mitesh cooked up on the Grand Final of the BBC Family Cooking Showdown. This fiery mutton curry is prepared in a yoghurt sauce and uses whole Kashmiri Red Chillies to add that red colour and spice. The gravy may be served with rice, but goes wonderfully with a speciality roti known as Khuba roti.

Prep Time 30 mins

Cook Time 45 mins

Total Time 1 hr 15 mins

Course: Main Course

Cuisine: Indian

Keyword: Curry, Mutton, Rajasthani

Servings: 5 people

- 4 tbsp Vegetable Oil
- 1 tbsp Ghee
- 3 tbsp Natural Yoghurt
- 3 Medium Sized Onions
- 5 cloves Garlic
- 1 inch Ginger
- 1/2 kg Mutton pieces
- 10 Kashmiri Whole Red Chilli
- 1 Tomato chopped

Whole Spices

- 4 Green Cardamom Pods
- 3 Black Cardamom Pods
- 1 inch Cinamon Stick
- 4 Cloves
- 10 Black Peppercorn
- 2 Whole Dried Red Chilli

Powdered Spices

- 1/2 tsp Kashmiri Red Chilli Powder

- 2 tbsp Coriander Powder
- 1 tbsp Cumin Powder
- 1 pinch Sugar
- 1 tsp Salt

Prepare Kashmiri Chilli Paste

- Soak the Kashmiri Red Chillis in boiling water for 20 minutes
- Place the soaked Kashmiri Red chillies in a Jug Blender along with a little bit of water and blend to form a rich red paste.



Prepare Ginger-Garlic Paste

Add the Ginger and Garlic into the Jug Blender and a little bit of water and blend this into a paste.



In the Pressure Cooker

- Heat 4 tablespoons of oil in the pressure cooker, along with 1 tablespoon of ghee
- Add in all the whole spices (whole red chillies, green and black cardamom, cinamon stick, cloves and black peppercorn). Leave to cook for 30 seconds.
- Add in the diced onions, and sautee for 30 seconds before adding in the ginger-garlic paste
- Sautee until the onions are soft and cooked
- Add in the Red Chilli paste and cook further for 2 minutes, until you smell the spice emanating from the vessell
- Add all the pieces of mutton and brown the meat for 2 minutes
- Add in the coriander powder, cumin powder, salt and chopped tomatoes and mix until the tomatoes are soft
- Add the yoghurt and mix. Leave to cook for 2 minutes and then add in 1 to 1.5 cups of water.
- Place the lid on and pressure cook for 35 minutes on medium heat
- Once to cooking is finished, leave to cool and the pressure to release. Then garnish with some coriander and thin shards of Ginger.
- Serve with boiled rice, or Khuba Roti or Fresh Naan



This was the winning dish that we cooked up on the Final of the BBC Family Cooking Showdown. In Tommy Bank's words, this was 'the best lamb curry that he has ever had'. This recipe does turn out really well. Please give it a try and do let us know how you get on in cooking it.







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