

JUNGLEE MUTTON

Serves: 3-4

Ingredients:

Mutton: 600 gms

Dried hot red chillies: 15 – 20 pcs (yes, you got that right!)

Salt: as per taste

Mustard oil: 2 1/2 tbsp

Water

A heavy bottomed pot / or a kadhai

How I did it:

- Wash the mutton. Make sure there are some bones as they add to the flavor of the dish. Add salt and a tbsp of mustard oil and leave it for an hour or so in room temperature.
- In a heavy bottomed pan, heat the remaining mustard oil to a smoking hot temperature. Make sure you bring the oil to smoking point. Let the smoke come out. Remove from fire.
- Add the marinated mutton into the pot. Cover and cook. Stirring in between every 5 mins on medium-high heat. After 15 minutes, add the dried red chillies.
- Add water throughout the cooking process, a ladle at a time, making sure that the mutton remains moist – neither boiling nor dry. Adjust the heat, if necessary to achieve this. This is important to make sure the final dish is moist and well cooked.
- Cover and continue cooking following the method above until mutton is soft. It took me almost 2 hours to cook this dish. Serve hot with Roti.

I used about 750 ml of water, adding a ladle at a time and cooking with the pot covered most of the time. You may need more or less, depending on the heat used.