

Ian James' Mutton Curry

[back](#)

Ingredients:

1 Kg mutton in generous-sized pieces
2 cinnamon sticks
8 cloves
2 tbsp cardamom seeds
2 tbsp minced garlic
2 tbsp minced ginger
2 tbsp oil
750g Greek yoghurt
75g almond meal
chilli powder to taste
1 tsp salt

Method:

Heat oil in a pan to med heat, add cinnamon cook for 1 min
add cloves and cook for 1 min
add cardamom seeds and cook for one min
add minced garlic and minced ginger cook for 1 min
add mutton coat with spices and cook until well-browned say 15 min
in a bowl mix yoghurt, chilli, almond meal and salt until well combined
add yoghurt mix to curry, bring to a boil and then simmer for 45 mins or until meat is tender
serve with rice