

Recipe of the Month

DINING *along* the INDUS

A collection of recipes from the Pakistani cuisine

POWERED BY:



Kunna



Preparation Time: 30 minutes

Cooking Time: 4 Hours

Serving 8

Ingredients

Mutton shank with bone 1-1½ kg (6-8 large pieces)

Oil ½ cup

Garlic paste 3 tbsp

Ginger paste 3 tbsp

Red chilli powder 4 tsp

Salt 1 tsp

Yogurt 4 tbsp

Cumin 2 tbsp

Aniseed 2 tbsp

Black pepper 2 tbsp

Dry ginger 2 tbsp

Black cardamom 2 tbsp

Cloves 1 tbsp

Nutmeg 1 tsp

Mace 1 tbsp

Flour 6 tbsp

Onion (thinly sliced) 2 pieces (large)

Green chilies (chopped) for garnishing

Ginger (chopped) for garnishing

Lemon slices for garnishing

Method

Heat oil, add the meat, ginger, garlic, red chili powder and salt. Stirring frequently, fry until the meat turns brown for about 5-8 minutes. Add yogurt and stir frequently; fry until all the moisture has evaporated. Add water and cook over medium heat for about 1 hour or until meat is done. Meanwhile grind the cumin, aniseed, black pepper, dry ginger, cardamoms, cloves, nutmeg and mace to a fine powder and then sieve it. Add 3-4 tablespoons of the sieved spices to the meat, cover and cook over low heat until the meat is fully tender. Dissolve flour in 2 cups of water, and while stirring carefully, pour it into the gravy (do not stir hard, otherwise the meat will break into small pieces). Heat oil in a frying pan. Add the sliced onions and stir frequently. Fry for 10 minutes until onions are a golden-brown colour. Lift out all the onions with a slotted spoon, add to the kunna and stir carefully. Garnish with green chilies, ginger (chopped) and lemon slices.

Nutrition Information: Energy 483 Kcal, Fat 30 g, Protein 43 g, Carbohydrates 11 g.