

Lamb Pepper Chops

Written by W.J.Pais

You Need:

- 800gm-1kg lamb chops *see notes
- 3 medium onions finely chopped
- 1 big tomato finely chopped or 1/2 cup thick curds
- salt to taste
- ghee or oil for

- frying

For the marinade

- 2-3 tsp peppercorns (adjust to taste)
- 2 small green chillies (skip or adjust to taste)
- 1 tsp cumin seeds/jeera
- 1/2 tsp turmeric powder
- 1 inch cinnamon
- 2-3 cloves
- 1 pinch shah jeera/badi shep (optional)
- 1 inch ginger
- 1 small pod or 10-12 flakes of garlic (Indian)
- 1/4 cup coriander leaves

Method:

1. Grind all the ingredients mentioned in '**For the marinade**' to a fine paste. Reserve the masala water.
2. Wash and drain the chops well. Marinate them with the ground masala, salt to taste & 1/2 cup curds for a minimum of 30mins - 1 hr.
3. In a pressure cooker, heat the ghee or oil and fry the onions till tender (golden brown). If you are using tomatoes, you can add them next and toss in a little salt so that they soften fast. Skip the tomatoes if you have marinated the meat with curds.
4. Add the marinated meat, mix well and 1/2 cup water (or masala water), check salt to taste and close the lid. Cook on a full flame until the first whistle goes off. Reduce flame and continue to cook for 10-12 minutes (cooking time may vary depending on the quality/tenderness of the meat).
5. Turn off the flame and allow the whistle/weight to loosen up on its own. Open the cooker,

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stir well and serve hot with rice.

Notes:

Lamb is tender/meat of a sheep less than 12-14months of age - mostly available abroad. In India goat meat is often sold as mutton. You can use tender chops of either mutton or goat meat.

Although marinating the meat ensures that the meat absorbs all the flavours, you may skip the marinating part and directly pre-cook the washed & drained meat with salt. Thereafter follow step#4 onwards using a heavy bottomed pan/kadhai instead of a pressure cooker.

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