

Ingredients

	Quantity:	Measure:	Ingredients:	Description:
	Half	Nos	Coconut	Extract Juice
	Half	Kilogram	Mutton	Base for cooking
	A	Little	Salt	To taste
	1	Tablespoon	Coriander/Dhania	Ground Masala
	1	Nos	Chillies Red Dry	Ground Masala
	1	Piece	Turmeric/Haldi	Ground Masala
	1	Tablespoon	Dhal, Chana	Ground Masala
	1	Tablespoon	Teel. (Sesame Seeds)	Ground Masala
	3	Tablespoon	Ghee	For frying
	Half	Nos	Onion	For seasoning
	2	Nos	Tomatoes	Cut and mix
	A	Few	Coriander Leaves (Kothmeer)	For garnishing

Method

Take thick and thin coconut juice from the scraped coconuts.

Make 1" pieces of the meat and wash them well. Boil in the thin coconut juice with salt to taste.

Grind masala, and keep aside. Fry half an onion sliced in hot ghee. Add boiled meat without it's gravy and brown the meat in it. Then add the ground masala, tomatoes cut in pieces, coriander leaves washed and cleaned, stir till the contents turn brown.

Pour the gravy, masala water, and salt to taste. Lastly add the thick coconut juice. And

simmer for some time, and then put off the stove.