

Ingredients				
Quantity:	Measure:	Ingredients:	Description:	
One	Nos	Tripe, Sheep's Intestines, & intestines	As Required	
2	Nos	Coconut	Scrape. Extract	
juice, scrape and grind				
3	Tablespoon	Ghee	Heat	
1	Tablespoon	Jeera/Cumin Seeds	fry in ghee	
1	Teaspoon	Pepper Corns	fry crushed pepp	
15	Medium	Chillies Red Dry	fry chilly bits	
1	Tablespoon	Coriander/Dhania	fry	
1	Medium	Onion	fry sliced onion	
1	Piece	Ginger	Grind with scrap	
1	Pods (whole)	Garlic	Grind with scrap	
3	Medium	Chillies Green	Grind with scrap	
1	Piece	Turmeric/Haldi	Grind with scrap	
2	Teacup	Dhal, Chana		
1	Tablespoon	Cooking Oil	For tempering	
1	Medium	Onion	Sliced for tempe	
2	Tablespoon	Vinegar	to taste	
	As Required	Salt	to taste	

Method

Slit the intestines lengthwise, and with the back of a knife, scrape out all the dirt. Wash and clean well, and cut into small pieces. Cut open the stomach of the goat and empty it. Apply chunam (lime powder) all over and keep aside for five minutes, or dip it in boiling water for two minutes. With the back of the knife, scrape the stomach lining inside and outside well and wash it till it is white. Cut it into small pieces and wash it well again together with the intestine pieces.

Cut one coconut, and grind the scraped kernel, and extract thick and thin juice. The second coconut, scrape, and keep aside for grinding masala. With the thin juice, of the first coconut, cook the tripe and the stomach on slow fire, It takes a long time to cook, may be more than 2 - 3 hours.

Heat a little ghee and fry in it separately, jeera, pepper, chillies, 1 sliced onion, coriander. Remove the ingredients, and grind them with the rest of the ingredients kept for grinding with the other scraped coconut kept aside, into a fine paste.

Add gram dhal, to the boiled tripe and continue boiling till the dhal is cooked, Add ground masala and cook for half an hour more.

Temper with ghee and one sliced onion. (add the fried onion to the boiling trip)

Lastly, add the thick juice, vinegar and salt, to taste, and put the stove off.