

Authentic East Indian Goat Curry

3 lb. goat meat chopped into small pieces, ON the bone.

(Lamb or Rabbit can substitute)

2 cardamon pods

2-3 cloves

2-3 cinnamon sticks

3-4 bay leaves

1 teaspoon whole black pepper corns

1/4 cup Olive oil

4 chopped onions

2 chopped tomatoes

2 tablespoon tomato puree

1 tablespoon ginger paste

2 tablespoon chopped fresh coriander leaves

1 tablespoon red chili powder

1 tablespoon coriander powder

1 teaspoon turmeric powder

1 tablespoon garam masala (purchased)

salt to taste

water for gravy (curry)

Heat oil in frying pan, add cardamom, cloves, cinnamon sticks, bay leaves, whole black pepper corns, and fry for few seconds.

Then add onions and fry until light brown, add ginger, tomato, tomato puree, coriander powder, red chili, turmeric and salt to taste.

When masala is thoroughly fried and oil comes up add Chevon (goat) pieces and fry until brown. Then add water cover pan and keep it on low flame until meat is done.

Garnish with chopped coriander (cilantro) leaves and garam masala for a delicious flavor. Serve with roti or nan(bread).

Or Warmed flour tortillas can substitute.