

Laal maas (traditional Rajputi recipe)

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Boneless lamb cooked with red chillies and clarified butter

INGREDIENTS

Lamb boneless (diced) 800 gm

Ghee 1 1/2 cups/300 gm

Green & black cardamom (choti & badi elichi) 8 nos

Cloves 10 nos

Black peppercorns (sabut kali mirch) 10

Mace (javitri) 3

Ginger paste (adrak paste) 3 1/2 tsp

Garlic paste (lasun paste) 3 tbsp

Red chilli paste (fresh) (traditionally chilli paste is made from a mix of 5 different chillies found in Rajasthan) 3/4th cup

Brown onions 100gm

Tomato chopped 150 gm

Lamb stock 4 cups

Salt 2 tsp or to taste

Ginger julienned for garnish

Green coriander for garnish

METHOD

1. Heat ghee in a pot (handi). Traditionally this dish is cooked over a coal chula since it imparts the smoky flavour and allows the meat to cook slowly over time.
2. Add the whole garam masalas
3. Add ginger garlic paste and sauté.
4. Add the red chilli paste and sauté till the oil rises up.
5. Add the Boneless lamb and the brown onions; mix well.
6. Allow the lamb to simmer till the ghee rises to the surface. Add the tomatoes and the stock as desired. Cool and cover till lamb is tender.
7. Adjust the seasoning.
8. Garnish and serve over thick Jawar or jau ki roti.
9. The roti is supposed to soak the juices of the meat when eaten.

Recipe courtesy: The jaipur kitchen
