



AuthenticRecipe

Keema Masaala

Ingredients serves 4
Preparation time 15 mins
Cooking time 1 hour



THE **AUTHENTIC**
FOOD COMPANY TM

Ingredients :

Cumin Seed Whole 2gm
Turmeric Powder 3gm
Coriander Ground 3gm
Red Chilli Powder 3gm
Salt to Taste 8gm
Black Pepper 1.5gm
Mace Powder .375gm
Green Cardomom Powder .375gm
Cinnamon Ground .375gm
Clove Ground .375gm
Lamb Mince 450gm
Cooking Oil 100gm
Onion Chopped Coarsely 120gm
Ginger Paste 10gm
Garlic Paste 8gm
Yoghurt 120gm
Coriander Green Chopped 7gm

METHOD

- Heat oil in a pan and add the cumin seed, then add to this onions, ginger and garlic paste and stir over a medium heat.
- After a few minutes when oil comes on surface, add the minced lamb and stir over a medium heat for 20 minutes.
- Add the turmeric, red chilli, black pepper, salt, mace, green cardamom, cinnamon and clove powder and stir.
- Add the yoghurt and cook for a further ten minutes
- Sprinkle finely chopped coriander.