

# Mutton Pulao

## Ingredients

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- 2 1/2 cups basmati rice
- 1/2 kg mutton, cut into medium size pieces (leg)
- 1 large red chile
- 2 1/2 cm gingerroot
- 2 teaspoons fennel seeds
- 2 black cardamom pods (badi elaichi)
- 2 green cardamoms
- 4 teaspoons coriander seeds
- 3 large onions, sliced lengthwise
- 4 tablespoons ghee or 4 tablespoons oil
- 2 bay leaves
- 1 cinnamon stick (2.5 cm)
- 2 tablespoons yogurt, beaten lightly
- salt, to taste



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# Directions

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1. Gently wash and soak the rice in water. Set aside.
2. Cook the mutton with the red chilli, ginger, fennel seeds, black and green cardamoms, coriander seeds and salt in a pressure cooker, adding eight cups of water. Cook till tender, about 20 minutes.
3. Remove all the spices and strain the stock.
4. The stock should measure five cups. Add water if the stock is not sufficient. Set aside.
5. Keep the mutton pieces separately.
6. In a heavy bottomed vessel, heat the ghee (or oil), and add the bay leaf and cinnamon.
7. Add half the sliced onions and fry till light brown.
8. Add the mutton and the beaten yogurt and fry for a few minutes.
9. Stir in the rice gently, ensuring that it does not break. Add the stock and cook the rice.
10. Cover and bring the stock to a boil over high heat, then simmer till the rice gets cooked.
11. Heat a little oil in a pan and fry the remaining onions till brown.
12. Sprinkle the fried onions over rice just before serving.