Pan of Bliss
Let's cook it real slow!

Toddy Shop Style Mutton Fry Recipe

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Prep Time 20 minutes minsCook Time 40 minutes minsTotal Time 1 hour

Ingredients

- 1 kg Mutton
- 1 tsp Turmeric powder
- 2 tsp Chilli powder
- 1 tsp Coriander powder
- 2 tsps Pepper powder (crushed)
- 1 tbsp Garam masala or mutton masala
- 1 tbsp Ginger (chopped & crushed)
- 8 cloves Garlic (crushed)
- 2 tbsps Coconut oil (1+1)
- 2 tbsps Fennel seeds
- 8-10 nos. Fresh coconut pieces (chopped)
- 25-30 nos. Fresh curry leaves
- 4-5 nos. Green chillies (slit into halves)
- 12 nos. Shallots (chopped)
- 1 no. Large onion (chopped)
- 2 tbsps Coriander leaves (chopped)
- 1 tsp Vinegar (optional)
- 1 tsp Salt (as per taste)

Instructions

1. For the Toddy Shop Style Mutton Fry, wash and clean mutton. Cut into small/medium pieces. You can include mutton liver also (Cut into medium-sized pieces).
2. Marinate mutton pieces with turmeric, chilli powder, salt and vinegar for 1 hour. Into a pressure cooker, transfer the marinated mutton pieces, add 1/2 a cup of water and 1/2 tsp coconut oil. Mix well and pressure cook for 4 whistles. If the mutton is tender, only 4 whistles are required.As the mutton leaves water while cooking, there is no need to add more water. Now, the mutton is half-cooked with some water remaining in the cooker. Switch off the stove.
3. In a deep pan, heat 1 tbsp coconut oil. Add fennel seeds and let it splutter. Add 10 to 15 curry leaves. Add sliced coconut pieces and fry for 2 minutes on low flame. Throw in the sliced chillies and mix well. Next, add crushed ginger and crushed garlic and fry well till the raw smell goes away.Next, add the chopped shallots and onion and stir till it turns translucent. Stir continuously so that the ingredients don't get burnt at the bottom of the pan.
4. Now, add the semi-cooked mutton into the seasoning and mix thoroughly. With a ladle, create some space in the centre of the pan and pour the remaining (1 tbsp) of coconut oil.Add coriander powder, pepper powder and garam masala into the centre of the pan and fry well on low flame. (If you want the mutton dish to be more spicy, you can add 1 more tsp of chilli powder.)
5. Mix all the ingredients well with the mutton and cook on low flame for 45 minutes or until the mutton is tender. There will be no water left in the pan once the mutton is cooked.Add the remaining curry leaves and chopped coriander leaves and blend well. Serve hot with fresh toddy (if you get your hands on one). This delicious mutton preparation goes well with chapati, parathas, Kerala Parotas and steamed rice. This is one good starter for your wine or cocktail too!

Notes

Notes & Tips I have used tender lamb for this preparation. If using goat meat with fat, then the cooking time will increase. In the toddy shops, they don't use pressure cooker. Instead they cook mutton in large pots for longer periods. To reduce time and cooking gas at home, I have used a pressure cooker to save time. You can always directly prepare in a cooking deep pan and slow cook on low flame for 1 hour or more depending on the cooking time of the mutton. This

mutton recipe is shallow fry or roast and not deep fry. The toddy shop recipe is more spicy as more chilli powder and pepper powder is used in their preparations. While cooking for your family, you can reduce or adjust the spice accordingly. For garam masala, you can use store bought one like Shakti or Eastern mutton/meat masala. If you have the time, you can prepare your own home-made garam masala.