

DEBSCRAFTYCUISINE GOAT/LAMB PAYA (SOUP)

Ingredients you need:

Oil: *(I used 3 Tablespoons)*

Cinnamon Sticks: 3 *(I used 2 instead)*

Cloves: 6 *(I used 4)*

Green Cardamom: 5 *(I used 2)*

Onion: 1 small *(I used 1 cup = 8 oz)*

Ginger stick: 1, chopped into thin slivers *(I used 1 inch ~ thumb size cut into thin slivers)*

Garlic: 3 garlic cloves *(minced)*

Green Chilli: 1 *(I used 1/2 small thumb sized jalapeno, diced for medium spicy heat)*

Mint leaves: some, *(I used dried mint leaves- one handful ~ ¼- ½ cup)*

Turmeric: ¾ tsp

Cumin powder: 1 spoonful *(I used 1 tsp)*

Masoor red dhal: Fistful *(I omitted this step as I didn't have this on hand & potatoes instead)*
(Potatoes: ~ 3 medium potatoes diced into ~1-inch cubes to make broth thicker & heartier).

Tomatoes: 2.5 tomatoes chopped small *(I used 1 ½ cups diced)*

Cilantro: Some *(I used 1 cup roughly chopped)*

Goat Hoof or leg of lamb : 2 lbs *(I used meaty lamb leg bone ~ 2-3 lbs, add more meat if desired)*

Salt: to taste *(I used 1 – 1 ½ tsp according to taste)*

Water: 3 cups

Butter: 1 scoop, *(I omitted this)*

Chef's Tip: To get rid of lamb gamey taste, soak lamb in milk overnight, rinse out milk thoroughly, then add spices.

Recipe:

1. Add oil to pot over medium heat.
2. Add cinnamon sticks, cloves, cardamom, and onions,
3. Sauté for 5 mins
4. Add ginger and garlic. Sauté for 3 mins
5. Add green chili, mint leaves, turmeric, cumin, dhal *(or substitute with potatoes instead)*, tomatoes, and cilantro.
6. Sauté for 2 mins
7. Add goat or lamb meaty bones and mix well.
8. *Add potatoes (if desired)*
9. Add salt
10. 3 cups water
11. *Scoop of butter (omit if desired)*
12. Cook in pressure cooker/Instapot in Normal mode (High pressure).
13. Take out meaty bone and pull meat apart. If meat is not fall of bone, pressure cook again for 10-15 mins till meat falls apart easily. Put shredded meat back in pressure cooker.
14. Whisk together for a couple of mins. *(I omitted this step to avoid dissolving potatoes into broth)*
15. Garnish with cilantro, eat with Naan, Chapati or Roti.

ENJOY 😊!!