

# goat rogan josh

preparation time: 45 minutes  
Cooking time: 1 hour 25  
minutes  
chilli rating: medium

difficulty Level: medium  
Serves: 8-10

## ingredients

1 kg goat, diced  
2 cups plain yoghurt,  
whisked  
1 tsp salt, plus extra to taste  
2/3 cup vegetable oil and  
melted unsalted butter,  
combined  
1-inch cinnamon stick  
10 green & 10 black  
cardamom pods  
1 tsp whole cloves  
1 kg brown onions, chopped  
2 tbs fresh ginger, grated  
2 tbs garlic, crushed  
4 tsp Kashmiri chilli powder  
2 tsp ground turmeric  
½ cup fresh coriander,  
chopped  
1½ tsp nilgiri's garam masala

## method

In a large bowl combine the goat, yoghurt and ½ teaspoon of the salt and mix well. Set aside for 10 minutes.

In a large, heavy-based frying pan, heat the oil and butter mixture over medium heat. Add the cinnamon stick, cardamoms and cloves and cook, stirring, until fragrant (about 30 seconds). Then add the onion, the remaining salt and cook over low-medium heat, uncovered, stirring frequently, until the onion is golden brown (about 20-25 minutes).

Add the ginger cook till caramelized then add the crushed garlic and cook till caramelized. Drain any excess oil and butter mixture, leaving the onion and spice mixture in the pan.

Add the goat and yoghurt mixture to the pan, then add the chilli powder and turmeric and combine well. Cover the pan and cook over low heat until the goat is tender, about 45-60 minutes. Add the chopped coriander and garam masala and mix well. Season to taste, if necessary.



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