

# Spiced Mutton Chops

By Judith Prakash



**Servings: 4**

**Prep Time 45 mins**

**Cook Time 1 hr**

3 tbsp, Cooking Oil  
5 cm (2") length, Ginger, *chopped*  
4 pcs, Garlic Cloves, *chopped*  
1 kg (2 lb 3 oz), Mutton Chops  
2 tbsp, Chilli Powder  
1 tbsp, Coriander Powder  
1 tbsp, Cumin Powder  
½ tbsp, Turmeric Powder  
Salt, *to taste*

2 pcs, Green Chillies, *chopped*  
½ cup, Coriander Leaves, *chopped*  
1 stalk, Lemongrass, *bruised*  
2 pcs, Kaffir Lime Leaves  
1 tbsp, Garam Masala  
500 ml, Water  
2 Egg Whites, *whisked*  
300 gm (10.5 oz), Bread Crumbs  
Cooking Oil, *for deep-frying chops*

## step by step

- 1 In a wok or pan, heat oil, then fry chopped ginger and garlic until fragrant. Add mutton chops.
- 2 Stir in chilli, coriander, cumin, turmeric powders and salt, as well as green chillies. Cook for 5 mins until fragrant.
- 3 Add coriander, lemongrass, kaffir lime leaves and garam masala. Fry until the spice mixture is almost dry.
- 4 Remove mutton chops from mix and set aside.
- 5 Add water to the spice mix still in the pan. Bring to a boil then reduce heat and simmer until the sauce is thick. Adjust seasoning with salt. Set aside as a sauce for the dish.

- 6 Dip mutton chops into egg whites, then bread crumbs.
- 7 In a clean fryer, deep-fry the chops until golden brown.
- 8 Serve hot with the spicy sauce on the side. Best accompanied by steamed rice.

### / *taste and thoughts*

Redolent with the flavours of the spice bazaars, this dish may make you break into a sweat when you eat it, but it'll be a hot experience that you'll look forward to again. If individual spice powders aren't available, pre-mixed curry powder may be used as a substitute.



Spiced Mutton Chops  
*Recipe By Judith Prakash, page 40*