

King's Vegetarian Food Mfg. Co. Ltd.

VEGETARIAN SPECIALTY FOOD

North Indian Vegan* Simulated Mutton Curry

Recipe and Nutrition

Yield	900	grams	Prep	30 minutes
Portion	225	grams	Cook	30 minutes
Num Portions	4		Finish	15 minutes
			Shelf	3 days

Ingredients

320	grams	Stewed Veggie 600g*20pks T108-M Mutton red
240	grams	potato peeled, cut 1inch natural
120	grams	okra Cut 1 inch
120	grams	broccoli florets
100	grams	cherry tomatoes
0.2	cup	clarified butter
20	grams	fresh ginger peel and crush ginger
2	grams	salt
3	grams	chili powder red chili powder
1/2	tsp	kashmiri degi mirch
3	grams	granulated sugar
10	grams	green chili pepper deseeded and chopped 1/8 inch
1	g	tumeric spice powder
6	grams	whole cumin seed grind to powder
6	grams	ground coriander
3	grams	garam masala
2	grams	cinnamon stick
4	ea	whole cloves
250	milliliters	tomato puree
500	milliliters	water
2	milliliters	vegetable base
1	ea	bay leaf
2	ea	green cardamom pods

Method:

- 1) Bring water to a boil in small pot.
- 2) Boil until potatoes are 75% done about 10 minutes.
- 3) Remove from heat and set aside.
- 4) Return pot to heat and boil water again.
- 5) Add broccoli and boil 30 seconds.
- 6) Remove add submerge in ice water to cool.
- 7) Heat Clarified butter in heavy pot medium sized.
- 8) Add vegan mutton and brown and remove.
- 9) Add bay leaf, cinnamon, clove and whole cardammon.
- 10) Add red chili powder and cook 30 seconds.
- 11) Add ginger, chopped green chilies and cook 1 minute. Remove from heat.
- 12) Place a second pot with water to boil.
- 13) In a separate bowl add tumeric, cumin, coriander and enough water to create a paste.

* For vegan substitute non-dairy margarine or soy-butter in recipe for ghee.

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- 14) Add the paste to the pot and cook another minute.
- 15) Add water and bring to a boil.
- 16) Reduce the heat and simmer 5 minutes.
- 17) Add vegan mutton, potatoes, okra on low heat and simmer covered 15 minutes.
- 18) Remove the cover, add tomato puree, sugar, Garam Marsala and kashmiri Degi Mirchi.
- 19) Simmer uncovered another 5 minutes.
- 20) Add tomatoes and broccoli at this point and stir in well.
- 21) Transfer to a serving bowl and garnish.

Serve with Roti, Rice Chapatti as you wish.

To reduce fat content use Vegetable or sunflower oil instead of clarified butter (ghee). This will also reduce salt content by 20%.

<h3>Nutrition Facts</h3>			
Serving Size 225g			
Servings Per Container 4			
Amount Per Serving			
Calories	450	Calories From Fat	240
% Daily Value			
Total Fat	27g		40%
Saturated Fat	9g		40%
Trans Fat	0g		
Cholesterol	25 mg		8%
Sodium	1290mg		54%
Total Carbohydrate	43g		14%
Dietary Fiber	12g		54%
Sugars	5g		
Protein	15g		
Vitamin A	25%	Vitamin C	70%
Calcium	20%	Iron	30%
* Percent Daily Values are based on a 2000 calorie diet.			

Nutrient Descriptors

Good Source of Carbohydrates
 High in Calcium
 High in Fiber
 High in Iron
 High in Potassium
 High in Protein
 High in Vitamin A
 High in Vitamin C