

METHOD OF PREPARATION – ACHAR GOSHTH

VERY IMPORTANT: No need to add Salt, Red chilli, Ginger, Garlic or anything else apart from the ingredients given below. Increase all quantities proportionally for serving more than 5 persons. Follow instructions given below as it is for best results.

Ingredients Required for 5 persons.

Meat with Bones	½ Kg / 1.1 lbs
Cooking oil	Total 8 Tablespoons / 120 ml
Green Chillies	7 Whole
Yogurt / Curd	125 gms / 4.40 oz
Ustad Banne Nawab's Achar Goshth Masala	One Packet

STEPS OF COOKING:

1. Mix Achar Goshth Masala in 50 ml / Half small teacup water into a fine paste and apply it to the meat evenly.
2. In a pressure cooker heat 60 ml / 4 tablespoons of oil and fry meat masala for 3 to 5 minutes, stirring continuously.
3. Add Yogurt / Curd and further cook for 2 to 3 minutes, stirring continuously.
4. Add another 50 ml / Half small teacup water, mix thoroughly, close lid of pressure cooker and cook on high flame till third whistle.
5. After the third whistle, reduce flame to lowest and cook for about 15 to 20 minutes.
6. Close stove and let the cooker cool down.
7. Heat 60 ml / 4 Tablespoons cooking oil in a Kadhai / Wok (Round shaped Frying Pan without lid), add the Whole green chillies and fry for about 2 to 3 minutes till their rawness is gone.
8. Now transfer the entire contents of the pressure cooker into the Kadhai / Wok and cook on high flame till water is absorbed and gravy becomes thick, stirring occasionally.