

## METHOD OF PREPARATION – KADHAI 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
Onion - Cut into 8 or 10 big pieces	1 Big / 70 to 80 Gms / 3 oz
Onions – Finely Diced	2 Medium / 100 gms / 3.5 oz
Cooking oil	Total 7 Tablespoons / 105 ml
Capsicum / Bell Pepper – Cut into 8 or 10 big pieces	1 Big / 85 to 95 Gms / 3.5 oz
Cilantro/Kothmir/Hara dhanya	One Small bunch / 10 Twigs
<b>Ustad Banne Nawab’s Kadhai Goshth Masala</b>	<b>One Packet</b>

### **STEPS OF COOKING:**

1. Take 50ml / Half small tea cup water and make a paste of entire Kadhai Goshth Masala, apply to meat and keep aside.
2. In a pressure cooker heat 75 ml / 5 tablespoons of oil and fry 2 Medium finely diced onions (Not the big one), till they start changing color.
3. Add Meat mixture and fry for 3 to 5 minutes, stirring continuously **making sure masala paste doesn't stick to the bottom of the cooker.**
4. Add Half glass / 125 ml 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 minutes.
6. Close stove and let the cooker cool down.
7. Heat 30 ml / 2 Tablespoons cooking oil in a Kadhai / Wok(Round shaped Frying Pan without lid), add Big onion pieces and capsicum / bell pepper pieces and fry for about 3 to 5 minutes till their rawness is gone.
8. Now transfer the entire contents of the pressure cooker into the Kadhai / Wok and cook on medium to high flame till the meat is tender and the gravy becomes thick, stirring occasionally.
9. Close stove and garnish with Cilantro/Kothmir/Hara dhanya and serve.