rogan josh kashmiri pandit style

preparation time: 35 mins
cooking time: 1 hr 45 mins
chilli rating: medium

difficulty level: medium
serves: 4

1 kg diced goat on the bone

marinade

½ tsp ground cinnamon
½ tsp ground green cardamoms
½ tsp ground black cardamoms
¼ tsp ground cloves
½ tsp ground black peppercorn
½ tsp ground fennel seeds
½ tsp ground Kashmiri chillies

ingredients

½ cup vegetable oil
1-inch cinnamon stick
2–4 whole black cardamoms
4–6 whole green cardamoms
6–8 cloves
1tsp peppercorns
1tsp fennel seeds
1tsp ground asafoetida
1½ tsp dry ginger powder
salt, to taste
1½ tbs Kashmiri chillies, ground
rattan jot infused in hot oil (see Ajoy's tips)
2 cups whole-milk yoghurt, beaten

method

Marinate the diced goat with all the ground spices and set aside for a few minutes.

In a heavy-based saucepan heat the vegetable oil over high heat until it starts smoking.

Reduce heat and add cinnamon and black and green cardamoms.

Then add the cloves and peppercorns and increase heat.

Add the fennel seeds and marinated meat and fold meat so it is coated with the oil. Cook until meat is caramelised.

Add the asafoetida and the ground ginger and fold into the meat and cook for 1 minute.

Fold the salt into the meat.

Next, add the Kashmiri chillies and fold into the meat, followed by the rattan jot infusion.

Finally, fold the yoghurt into pan till it thoroughly coats the meat.

Cover the pan and cook for about 1½ hours, or until the meat is cooked and the rogan (red oil) comes to the surface.

Serve with boiled, or steamed, Basmati rice.

Ajoy's tips Rattan jot is the root of a herb used for its red colour. Soak a marble-sized piece in hot oil or lukewarm water.
To see a full step-by step photographic version of this recipe, click rogan josh recipe.