INDIAN · LUNCH · DINNER

Kosha Mangsho (Bengali Slow-Cooked Mutton Curry)

180 min · plus 8 hours marinating | Serves 6 | 254 kcal a serve | Video 7:19 · Bong Eats

Gluten-free ingredients | No nuts listed

About 27 g protein and 13 g net carbs a serve: goat slowly browned with onions, spices and yoghurt in just 20 g of mustard oil for the whole pot, with under 2 g added sugar a serve.

Diet notes: Low saturated fat (2.8 g, 9.9% of the energy).

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Ingredients 24 · SERVES 6

- [ ] 1 kg **mutton** (goat) with bone and fat, from the leg or ribs
- [ ] 100 g **onion**, for the marinade
- [ ] 5 g **garlic**, for the marinade
- [ ] 100 g **yoghurt**, for the marinade
- [ ] 15 g **salt**, for the marinade
- [ ] 5 g **turmeric powder**
- [ ] 3 g **shahi garam masala**
- [ ] 20 g **mustard oil**
- [ ] 4 cm **cinnamon** stick
- [ ] 10 green cardamoms, 1 black cardamom and 10 **cloves**
- [ ] 4 **dried red chillies**
- [ ] 6 **bay leaves**
- [ ] 400 g **onions**, sliced
- [ ] 40 g **ginger paste**
- [ ] 10 g **garlic**, crushed
- [ ] 20 g **green chillies**, crushed, plus 4 slit, to finish
- [ ] 3 g **ground coriander**
- [ ] 3 g **ground cumin**
- [ ] 3 g **Kashmiri red chilli powder**
- [ ] 100 g **water** for the spices, then hot water added a little at a time (about 300 ml stays in the curry)
- [ ] 150–200 g **yoghurt**, beaten
- [ ] 8 g **salt**
- [ ] 10 g **sugar**
- [ ] 5 g **ghee**

Allergens found in the listed ingredients: Milk, Mustard. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Mix the mutton with the marinade ingredients — onion and garlic paste, yoghurt, salt, turmeric and shahi garam masala — massage well, cover and refrigerate for about 8 hours. 0:13
2. Get the whole spices ready, slice the onions and crush the garlic and green chillies to a paste. 1:38
3. Heat the mustard oil until it smokes lightly and turns pale, then add the dried chillies, bay leaves, cardamoms, cloves and cinnamon. 3:18
4. Add the onions and fry until brown, about 15 minutes. Add the ginger, garlic and chilli pastes and fry 5 minutes, then the ground spices with 100 g water, and fry about 15 minutes more. 3:41
5. Add the mutton and fry on high heat for about 15 minutes, stirring often. 4:46
6. Stir in the beaten yoghurt, salt and sugar. For the next 75–90 minutes on medium heat, add about 30 ml hot water, stir, cover for a minute, uncover and scrape up the browned bits — again and again until the meat is deep brown. 5:06
7. Add water for as much gravy as you like and the slit green chillies, cover and cook until the meat tears easily with two fingers. Stir in the ghee. 6:18

> **Tip** Serves 6. The slow, controlled browning makes the dark gravy, so stir often or it will catch and taste bitter. Kolkata eats it with paratha or polao; with cauliflower rice or a salad it stays low in carbs.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
254 kcal 1,060 kJ	**27 g** 54% of a day	**16 g** 13 g net · 7.8 g sugars 6% of a day
FIBRE	**FAT**	**SODIUM**
3.2 g 11% of a day	**9 g** 2.8 g saturated 11% of a day	**1,590 mg** 69% of a day

Energy from net carbs 22% · protein 44% · fat 34% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 50% · Zinc 48% · Iron 27% · Selenium 23%

Source of (10–19%) Vitamin C 16% · Omega-3 16% · Potassium 14% · Vitamin B6 13%

⚠ One serve has about 69% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Bong Eats (@BongEats) on YouTube — youtube.com/watch?v=CUCtn02Juk0, published 19 October 2017. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/kosha-mangsho-bengali-mutton-curry