

Chevon Cutlets in Curry Sauce



Ingredients

6-8 Australian Chevon (young goat) cutlets

2 tblsps ghee, oil or butter

½ tsp coriander powder

½ tsp cumin powder

1 tsp chilli powder

½ tsp turmeric powder

1 tblsp onion, minced

2 tsps garlic, minced

½ cup yoghurt

1 green capsicum, finely chopped

1 medium white radish, grated

1 pinch saffron powder

1 kg spinach

Salt to taste

Method

Melt 1tblsp ghee, oil or butter in a heavy pan and bring to foaming.

Add goat cutlets and sauté for 2 minutes until golden.

Remove, cover and set aside.

Add remaining ghee and bring to a high heat.

Add coriander powder, cumin powder and turmeric.

Stir-fry for 30 seconds then add onions, garlic and salt.

Return cutlets to pan and toss in spices to cover.

Cover the pan and allow simmer on medium heat for 4-5 minutes (if cutlets are not yet tender add ½ cup of water and continue simmering for a further 15 minutes).

Remove cutlets to serving dish and pour over sauce, sprinkle with saffron powder then grated radish and chopped capsicum.

Clean and wash spinach, pour boiling water over it and set aside for 5 minutes.

Strain in a colander

The spinach will turn soft and brilliant green- add salt and butter and serve with the cutlets.

Garnish with chopped red chillies and grated radish.