

Swahili mutton pilau

Serves 4



Pre-boiled mutton

750 g mutton pieces, on the bone (substitute lamb or beef if they're more to your taste)

For boiling with the mutton: salt, 3 thin slices of ginger, 1 clove garlic, 3 black peppercorns, ¼ tsp cumin seeds

Pilau

1 tbsp oil

2 large red onions, chopped

4 cardamom pods, crushed

1 teaspoon cumin seeds

½ tsp black peppercorns, crushed

4 cloves

2 small cinnamon sticks

2 cloves garlic, chopped and ground to a paste

2 tsp fresh ginger, grated and ground to a paste

2 whole small green chillies

1 x 400 g can chopped tomatoes

4 medium potatoes, peeled and quartered

750 g pre-boiled mutton (see ingredients above)

½ tsp salt (or to taste)

2 cups basmati rice, soaked and rinsed

1 l mutton broth retained from boiling

Lightly salt the mutton pieces.

Add the mutton to a large pot with the ginger, garlic, peppercorns and cumin seeds.

Cover with water.

Turn the heat to medium-high and bring to the boil.

Turn down to a simmer and cook slowly for about two hours, or until the meat has softened.

Remove the mutton from the pot and retain the cooking liquid (broth).

Heat the oil on medium in a heavy-based pot.

Fry the onions until they are soft.

Add the cardamom, cumin seeds, peppercorns, cloves and cinnamon sticks.

Stir the spices with the onions until aromatic and lightly browned.

Stir in the ginger, garlic and chillies and fry gently until fragrant.

Pour in the can of chopped tomatoes; reduce the liquid until it has nearly evaporated.

Add the potatoes and pre-boiled mutton.

Season to taste with salt.

Cook the contents of the pot gently for five minutes.

Add the rice and stir to combine.

Pour in the broth and bring to the boil.

Reduce the heat to a simmer, cover and cook for about 20 minutes, or until all the liquid is absorbed.