



How to Make Delicious Mati Handi Mutton at Home



An Indian food called Mati Handi Mutton, also known as clay pot mutton, is cooked slowly in a clay pot. The “mati handi,” or clay pot, brings out the flavors, making the mutton rich, soft, and full of spices. In Indian villages, especially in Odisha, this dish is very famous. It is made with simple ingredients and is cooked slowly.

To make Mati Handi Mutton at home, follow these easy steps. You can find these items in any Indian kitchen. Allow us to begin!

Ingredients:

- Meat: 500 grams of mutton (especially with bones)
- Three tablespoons of [Mama's choice mustard oil](#)
- Two large onions, chopped very thin
- Chop two medium-sized tomatoes. Use one tablespoon of ginger garlic paste.
- Two green peppers, cut in half
- Half a teaspoon of turmeric powder
- One teaspoon of red chili powder

- About a tablespoon of coriander powder
- One teaspoon of cumin seeds and one teaspoon of garam masala
- One bay leaf, a handful of chopped fresh coriander leaves.
- Add salt to taste.
- Water—when you need it

Note: You'll need a clay pot (mati handi) for the real taste. Soak the clay pot in water for 30 minutes before you cook in it to keep it from cracking.

How to Do It:

Step 1: Put the lamb in a marinade.

Put pieces of lamb in a big bowl.

Salt, red pepper powder, turmeric powder, and a little mustard oil should be added. Mix well. Put a lid on it and let it sit for at least 30 minutes. Marinating the meat helps it take in the flavors.

Step 2: Get the clay pot ready.

Wipe the wet clay pot down with a clean cloth.

Put the pot on low heat and add the mustard oil. Let it get hot until it starts to smoke, then turn down the heat.

Step 3: Start making the food

To the hot oil, add the bay leaf and cumin seeds. Sauté for a few seconds until the smell comes out.

Put in the chopped onions and cook them until they turn golden brown. This could take some time.

Put in the green peppers and ginger-garlic paste. Stir for one more minute to get rid of the smell of raw meat.

Step 4: Put in the spices and tomatoes.

Put in the chopped tomatoes and cook them until they get really soft.

Put in the coriander powder, turmeric powder, and red chili powder. Make sure the spices are well mixed and cook for one minute.

Step 5: Add the seasoned lamb

Now put the meat that has been marinating into the clay pot. The spices should be well mixed into the lamb.

Put the lid on top of the pot and cook on low heat for 10 minutes. This will let the mutton's juices come out.

Stir it again after 10 minutes and add a little water (about 1 cup) to make a thick gravy.

Step 6: Cook the lamb slowly.

Put the lid on top of the clay pot and cook it over low heat for about an hour and a half. Every 20 minutes, stir it to make sure it doesn't stick.

If you need to, slowly add water to the gravy to keep it thick. As it cooks slowly, the lamb will get soft and tender.

Step 7: Final Touches

When the lamb is done, add the fresh coriander leaves and garam spice.

Give it a thorough stir, and cook for two more minutes. Take it off the heat and let it sit for a few minutes before you serve it.

Ways for Serving:

Warm up the Mati Handi Mutton and serve it with fresh chapatis, steamed rice, or jeera rice. You can also eat the clay pot meat with naan or paratha.

Tips:

- It may take longer to cook in a clay pot, but the tastes are more earthy and rich. Do not rush!
- Adapt the spices to your liking. Feel free to add more green peppers or red chili powder if you want it fierier.
- Don't skip this step; marinating the lamb makes it softer.

It's easy to make Mati Handi Mutton, which has a traditional Indian taste and is very tasty. It tastes great when cooked slowly in a clay pot, so try it at home!

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