INDIAN · LUNCH · DINNER

Shalgam Gosht (Mutton and Turnip Curry)

60 min · Serves 4 · 567 kcal a serve · Video 12:19 · Chef Ranveer Brar

Gluten-free ingredients · No nuts listed

Turnip is a low-starch vegetable, so the curry stays moderate in carbs, and a serve gives about 40 g of protein, mostly from the goat, and is rich in zinc, iron and vitamin B12. It is rich in ghee and butter, so it suits a hearty winter meal.

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Ingredients 20 · SERVES 4

- [ ] 2 tbsp **oil** (or mustard oil)
- [ ] 3 tbsp **ghee** (2 tbsp for the mutton, 1 tbsp for the turnips)
- [ ] 2 **bay leaves**
- [ ] 1-inch **cinnamon** stick
- [ ] 4 medium **onions**, sliced
- [ ] 2¼ lb **mutton** (goat) on the bone, ideally rib pieces
- [ ] **salt**, to taste
- [ ] **fresh coriander**, about 2 tbsp chopped stems and leaves, plus a sprig to garnish
- [ ] ½ tsp **turmeric powder**
- [ ] 1½ tsp **degi red chilli powder**
- [ ] 1½ tsp **coriander powder**
- [ ] 1¼ cups **curd** (plain yoghurt), beaten
- [ ] 1 tsp **ginger-garlic paste**
- [ ] **water** to just cover the meat (about 2 cups)
- [ ] 1 tsp **caraway seeds** (shahi jeera)
- [ ] 1-inch piece **ginger**, peeled and cut into juliennes
- [ ] 3 **mild green chillies** (2 halved for the turnips, 1 to garnish)
- [ ] 4–5 **turnips**, peeled and quartered
- [ ] 3½ tbsp **butter**, in cubes (added in three lots)
- [ ] 2–3 **black cardamoms**, crushed

Amounts in US units, converted from the cook's and rounded — the video has the originals.

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. Heat the oil and 2 tbsp ghee in a pressure cooker, add the bay leaves, cinnamon and onions and sauté until the onions are translucent. 2:24
2. Add the mutton, salt, coriander stems and ½ tbsp coriander leaves and sauté for a minute. Stir in the turmeric, chilli powder and coriander powder for about 2 minutes without letting the chilli scorch. 3:18
3. Add the curd and ginger-garlic paste and cook uncovered on moderate heat until the curd is well cooked and fat floats on top. Add water to just cover the meat and pressure cook for 7–8 whistles, until the mutton is about 80% done. 4:30
4. In a heavy pot, heat 1 tbsp ghee and let the caraway seeds splutter. Add the ginger, 2 halved green chillies and the turnips, sauté well, then add 1 tbsp butter and a little salt and cook a while. 6:44
5. Add the cooked mutton with its gravy, 1½ tbsp butter, the crushed black cardamom and 1 tbsp coriander leaves. Cook together for about 15 minutes until the meat is tender and the turnip edges soften. 8:12
6. Mash a piece of turnip into the gravy to thicken it, finish with the last 1 tbsp butter and garnish with coriander and a green chilli. 9:25

> **Tip** Serves 4 (the cook says 2–4). For less fat, use less butter at the end. Use mustard oil instead of plain oil for a Kashmiri touch. Serve with roti.

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

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
567 kcal	**41 g**	**27 g**
2,370 kJ	81% of a day	21 g net · 14 g sugars
		10% of a day

FIBRE	FAT	SODIUM
6.6 g	**33 g**	**760 mg**
24% of a day	16 g saturated	33% of a day
	43% of a day	

Energy from net carbs 15% · protein 30% · fat 55% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 76% · Zinc 72% · Omega-3 46% · Vitamin C 37% · Iron 34% · Selenium 34% · Potassium 25% · Vitamin A 24% · Vitamin B6 21%

Source of (10–19%) Vitamin E 19% · Calcium 17% · Vitamin K 15% · Folate 14% · Magnesium 11%

Recipe and video: Chef Ranveer Brar (@RanveerBrar) on YouTube — youtube.com/watch?v=_tdoBrJItuE, published 27 January 2023. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, 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/shalgam-gosht-turnip-mutton-curry