

# Caribbean Style Mutton Curry

Caribbean flavours are some of the most exciting you'll come across. Fresh, vibrant, well spiced - they are utterly delicious! With the deeper and richer flavours mutton offers, it really holds up to the heat and spices of a Caribbean Curry. The extra fattiness balances so well with the chilli and spices. The flavours mellow over night in the fridge, so this recipe is perfect to batch cook. It will last 3-4 days in your fridge and freezes really well. - **The Hungry Guy, Shropshire**



**Serves: 4-6**

## Ingredients:

- 1kg Shoulder or Leg of Mutton roughly diced
- 1 tbsp Plain or GF Flour
- 2 tbsp Cooking Oil
- 4 Cloves Garlic, Minced
- 1 Onion, sliced
- 1 tbsp Tomato Paste
- 3 tbsp Curry Powder
- 1 tbsp All Purpose Seasoning
- 1/2 tsp All Spice
- 2-3 Stalks Fresh Thyme
- 2 medium White Potatoes
- 1 tsp Scotch Bonnet Chillies, chopped (or a chilli of your choice)
- 100ml Water

## Cooking Instructions:

- 1 Coat the mutton in the plain flour, salt and pepper and set aside.
- 2 Heat some cooking oil in a casserole dish, brown the mutton on all sides, remove from the pan and drain the excess fat.
- 3 Add some more cooking oil to the casserole, add the sliced onion and cook for 5-6 minutes.
- 4 Add the minced garlic and chopped chillies and cook for 2-3 minutes.
- 5 Next stir through the tomato paste and cook for 2 minutes.
- 6 Add the water and stir well. Add the curry powder, all-purpose seasoning, thyme stalks, all spice. Bring to a simmer before returning the meat and stirring well.
- 7 Add enough water to just cover the mutton and bring to a simmer.
- 8 Add the lid, lower the heat and simmer on the stove for around 2-3 hours until the meat starts to become soft, stirring occasionally. Alternatively, cook in a pre-heated oven at 140C for 2-3 hours or cook in a slow cooker.
- 9 Once the meat is almost fully cooked, peel and chop the potatoes and add to the pot and return to the heat to cook for around 15 minutes until the potatoes are soft.
- 10 Once cooked, remove from the heat and leave to rest for 15-20 minutes with the lid on. Season with salt and pepper and adjust the sauce texture with more stock or water if needed. Serve with rice and peas, dumplings and coleslaw.

