

COPIA

INDIAN GOAT CURRY

— INSTANT POT PRESSURE COOKER RECIPE —

BY THE SAHI FAMILY

INGREDIENTS

- 2 lbs Mixed Goat Pieces
- 4 T Olive Oil
- 1 ½ tsp Cumin Seeds
- 1-2 Bay Leaf
- 1 T Garlic Cloves (Minced)
- 1 T Ginger (Minced)
- 2 Medium Red Onions (Ground)
- 1 tsp Turmeric Powder
- 2 tsp Coriander Powder
- ½ tsp Red Chili Powder
- 2 tsp Punjabi Garam Masala
(For the adventurous: a great homemade version found [here](#))
- To Taste Himalayan Sea Salt
- 4-5 Medium Vine Ripe or Roma Tomatoes
- 1-2 Jalapeño or Serrano Chili Peppers (To Taste)
- 4-5 cups Filtered Water
(Per the consistency you would like)
- To Garnish Cilantro Leaves and Tender Stalks (Chopped)





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INSTRUCTIONS

1. Clean and wash goat meat pieces. Drain water and set meat aside.
2. Heat oil in pot. Add cumin and bay leaves and let them sizzle for about 30-45 seconds.
3. Add minced garlic and ginger and sauté until the raw smell from the garlic disappears.
4. Add ground (or finely chopped) onion and sauté until light golden brown.
5. Add goat meat and sauté for 10-15 minutes, taking care to stir frequently and get all sides of the meat seared.
6. Add turmeric, coriander and red chili powders, salt and 1 tsp of the garam masala. Mix to combine.
7. Add ground tomatoes and cook until the tomatoes turn pulpy and oil separates from the entire mixture.
8. This curry can be served with more broth for a soupy style or with less liquid and a thicker, meatier consistency. Add (more or less) water to your liking and mix well.
9. Cook for 4 to 5 minutes more, and then place the lid on the Instant Pot.
10. Cook on high pressure for 20 minutes, allowing the pressure to come down on its own.
11. After 10-15 minutes more, release any remaining pressure and open the lid.
12. If you added too much water, you may simmer the curry uncovered until the desired consistency is achieved.
13. Stir well, taste and adjust the salt as needed. Add the remaining garam masala and stir in.
14. Garnish with cilantro and serve piping hot with basmati rice or buttery naan bread.

FEATURED PRODUCT



2016

THE CURE | RESERVE

75% Syrah, L'Aventure McVey Block

25% Mourvèdre, Copia Estate Vineyard

Willow Creek District, Paso Robles AVA

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