

Pressure Cooker Goat Curry

Jacob · 28/09/2024

**Prep Time**

1 hr 35 mins

Difficult

Medium

Servings

8

Description

Tantalizing Instant Pot goat curry Using an electric pressure cooker cuts down on the cooking time while still rendering tender meat Serve over jasmine rice or with naan

Ingredients

- - ¼ cup vegetable oil
- divided - 2 large onions
- thinly sliced - 2 large tomatoes
- peeled and diced - 2 tablespoons garlic paste - 1 tablespoon ginger paste - 2 ½ pounds goat meat
- cubed - 1 cup water - 1 potato
- cubed - 1 large carrot
- sliced - 2 teaspoons garam masala - 2 teaspoons ground coriander - 1 teaspoon ground cumin - ½ teaspoon ground turmeric - 2 teaspoons salt
- or to taste - ½ teaspoon ground red chile pepper

Instructions

1. Heat 2 tablespoons oil in an electric pressure cooker on the "Sear" setting. Add onions; cook and stir until golden brown
2. 10 to 15 minutes. Transfer onions to a food processor; grind into a paste. Remove to a bowl. Combine tomatoes
3. garlic paste
4. and ginger paste in the food processor; process until smooth. Heat remaining 2 tablespoons oil in the pressure cooker using the "Sear" setting. Add onion paste; cook
5. stirring constantly
6. until browned
7. about 2 minutes. Stir in the tomato mixture. Add goat meat
8. water
9. potato
10. carrot
11. garam masala
12. coriander
13. cumin
14. turmeric
15. salt
16. and red chile pepper. Close pressure cooker and seal according to manufacturer's instructions. Set the timer for 50 minutes at high pressure. Release pressure using the natural-release method according to manufacturer's instructions.