

champarans chulha

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"Champan mutton, also known as Ahuna meat and Handi meat, is a beloved one-pot mutton curry with a rich history. Believed to have originated in Champaran, Bihar, some food legends suggest it may have started in Ghorasaran village, near the Nepal-Bihar border, where it was cooked in open clay pots. The dish gained fame in Champaran and is now a part of Bihar's culinary heritage."

"Traditionally, Champaran mutton is prepared in earthen clay pots using the dum cooking style. Mutton pieces are placed in a clay pot, sealed with wheat dough, and cooked on low heat on charcoal. The steam makes the mutton tender and flavorful, enriched by basic ingredients like onions, spices, mustard oil, and a long cooking process that renders a hearty, versatile meal, perfect with various accompaniments. This dish captures the essence of Bihari cuisine."

For more details, please visit <https://www.ibizexpert.com/detail/champarans-chulha-mumbai-358029>
