



# Curry Recipes

Thank you Charly, the best cook in Durban, for your contribution.  
This page is dedicated to you!

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## 1. DURBAN ROTI

(A type of pancake filled with curry, or used as bread to mop up all the curry juices)

3 cups flour

1 t salt

3 T oil

enough water to form a soft dough

1 cup soft butter or margarine

oil for frying

Mix the flour and salt in a large mixing bowl and add the oil. Rub in until the mixture resembles fine breadcrumbs.

Add water and mix to a fairly soft dough. Roll out on a floured surface and roll to the size of a 23 x 32cm rectangle.

Spread the dough with softened butter and roll it up like a Swiss roll. Cover with a tea towel and leave for 30 minutes.

Break off pieces of dough and form into balls the size of tennis balls.

Roll out each ball into a disc the size of a dinner plate.

Fry in hot oil for 2 minutes on each side.

Serve immediately with a curry filling, or on the side.

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## 2. DHAL COOKIES A delicious snack. Serve hot or cold.

500 g split peas, soaked in water overnight and coarsely mashed

5 ml (1 t) garlic paste

5 ml (1 t) ginger paste

6 green or red chillies, seeded and finely chopped

half a bunch chopped coriander leaves

half a bunch spring onions, chopped

1 medium-sized banana, mashed

salt and pepper to taste

oil for frying

Mix all the ingredients, except the oil, to form a dough.

Roll into small balls, flatten them with the palm of your hand, and make a small hole in the center of each cookie.

Fry the cookies in hot oil until brown on the outside and cooked inside.

Drain on paper towels and serve hot or cold.

Makes about 12 cookies.

### 3. CURRY BITES

(I make these delish mild curried snacks with leftover chicken and rice)

250 ml (1 cup) cooked rice  
125 ml (1/2 cup) milk  
2 extra large eggs  
150 ml self-raising flour  
7 ml (1 ½ t) mild/medium curry powder  
375 ml (1 ½ cup) potato, peeled and grated  
310 ml (1 ¼ cup) onion, finely grated  
250 ml (1 cup) cooked chicken, diced  
100 g whole-kernel sweet corn, drained  
15 ml (1 T) parsley  
salt and freshly ground black pepper  
oil for frying

Process the rice, milk, eggs, self-raising flour and curry powder in a food processor for 1 minute. Chill the batter.

Place the potato and onion in a mixing bowl and add enough boiling water to cover. Leave for 3 minutes and drain well. Pat dry with paper towels. Add the potato, onion, chicken, sweet corn and parsley to the batter. Season with salt and freshly ground black pepper.

Heat the oil in a pan and fry spoonfuls of the batter for about 4 minutes on each side until golden brown and done. Drain on paper towels and keep warm until ready to serve.

Makes 25-30 bites.

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### 4. LAMB CURRY

1 large onion, sliced into rings  
1 sprig fresh curry leaves  
oil  
15 ml (1 T) garlic and ginger paste  
60 ml (4 T) mixed masala  
2 ml (1/2 t) turmeric  
2 medium-sized jam tomatoes  
1 kg deboned leg of lamb, cubed; or stewing lamb, cubed  
4-5 medium-sized potatoes, peeled and quartered  
fresh coriander leaves, chopped

Fry the onion and curry leaves in a little heated oil until the onion is soft and golden brown.

Stir in the garlic and ginger paste, masala and turmeric.

Add the tomatoes and braise for about 3 minutes.

Add the meat, cover, reduce the heat and simmer for about 10 minutes.

Add the potatoes and about 60 ml (1/4 cup) water, cover and simmer for about 20 minutes.

Add the chopped coriander leaves towards the end of the cooking time.

Season with salt if necessary.

Serve with rice and sambals such as chopped onion and tomato.

## 5. CHICKEN CURRY

1 medium-sized onion, sliced into rings	oil
5 ml (1 t) garlic paste	5 ml (1 t) ginger paste
15 ml (1 T) mixed masala	15 ml (1 T) curry powder
3 ripe jam tomatoes, mashed	1 X 410g can tomato puree
500 g chicken pieces, skinned and deboned	curry leaves
5 ml (1 t) fennel powder	5 ml (1 t) garam masala
fresh coriander leaves	

Fry the onion in a little heated oil until tender.

Add the garlic and ginger pastes, and stir in the masala and curry powder.

Add the tomatoes and tomato puree.

Simmer for a few minutes until fragrant.

Add the chicken pieces and a few curry leaves and simmer slowly until the chicken is done and fragrant.

Stir in the fennel powder and garam masala towards the end of the cooking time and sprinkle the curry with fresh coriander leaves.

Serve with rotis or rice.

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## 6. VEGETABLE CURRY

My vegetarian friends always ask me to make this curry, but I make extra because it's not only the vegetarians who tuck in!

15 ml oil  
2 medium onions, chopped  
1 large green pepper, chopped  
1 large brinjal, cubed  
8 courgettes, sliced  
250 g button mushrooms, sliced  
5 ml crushed garlic  
5 ml ground coriander  
5 ml ground cumin  
2 ml turmeric  
1 chilli, chopped  
2 ml chilli powder  
30 g freshly chopped coriander

Heat oil in a large saucepan, add onions and green pepper and sauté for a minute. Add remaining ingredients. Cover and simmer over medium heat for 15 to 20 minutes, stirring occasionally until cooked.

Season to taste and stir in fresh coriander. Serve with basmati rice.

Serves 4.

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## 7. VEGETABLE AND PRAWN CURRY

To make a vegetable curry, omit the prawns and add 500g peas or green beans.  
If using large brinjals, sprinkle them with salt and leave in a colander to drain for about 15 minutes.  
Pat dry before frying. Add breyani spices to oil for frying to add extra flavour.

500g prawns, shelled  
15 ml (1T) mixed masala  
oil

Curry Sauce:

Oil

1 large onion, sliced into rings	7 ml (1 ½ t) garlic paste
7 ml (1 ½ t) ginger paste	22-30 ml (1 ½ - 2 T) masala
1 kg ripe tomatoes, mashed to form a puree	a few curry leaves (or bay leaves)
fresh coriander leaves (dhania)	500g cooked butter beans
500g baby brinjals, whole, or bigger ones, cubed	
garlic chives	

Sprinkle the prawns with the masala and set aside.

To make the basic curry sauce, heat a little oil and fry the onion until glossy.

Stir in the garlic and ginger pastes, and masala. Add the tomatoes, curry leaves and garlic chives, and simmer slowly for about 15-20 minutes until fragrant.

Fry the brinjals in a little heated oil until done. Fry the prawns in oil until they just turn pink. Add the brinjals, prawns and beans to the sauce and simmer until fragrant.

Sprinkle with fresh coriander leaves and serve with yellow rice. Serves 4.

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## 8. BASIC CURRIED STEW ('Westernised!')

750g boneless beef neck, cubed, or beef 'curry pieces'  
30 ml cooking oil  
1 onion, chopped  
15 ml curry powder  
15 ml turmeric  
1 chilli, seeded and coarsely chopped  
5 black peppercorns  
2 bay leaves  
1 apple, cut in wedges  
1 tomato, skinned and cubed  
3 carrots, sliced  
200 ml meat stock  
15 ml cake flour

Brown meat in heated cooking oil. Add onion and sauté till transparent. Add curry, turmeric and chilli and fry for 1 minute. Add peppercorns, bay leaves, tomato and heated meat stock. Lower heat, cover with lid and simmer for 1 ½ hours or till meat is tender. Thicken with cake flour and water paste if necessary. Serves 4.

## 9. SWEET 'N SPICEY CURRY STEW (FISH OR PORK)

500g firm fleshed white fish steaks (like hake), frozen or fresh  
OR 750g pork fillet, cubed  
20 ml turmeric  
seasoned flour  
45 ml sunflower oil  
1 onion, chopped  
300 g sweet potato, cooked and cubed  
3 ml chilli powder  
5 ml ground coriander  
10 ml garam masala  
150 ml seedless sultanas, soaked  
410g can chopped tomatoes (use Indian-style if available, for extra flavour)  
60 ml tomato paste  
45 ml brown sugar  
125 ml natural low-fat yoghurt  
90 ml fresh coriander leaves or parsley, chopped

Season the fish/meat cubes with the turmeric and toss in the flour, shaking off any excess.

Heat the oil in a saucepan.

Add the fish/meat and cook until lightly browned.

Remove and set aside.

Saute the onion until translucent. Add the sweet potato, chilli powder, ground coriander, and masala and stir-fry until aromatic, about a minute.

Add the sultanas with their liquid, tomatoes, tomato paste and sugar.

Simmer for 8 minutes or until slightly thickened.

Return the fish/meat to the saucepan and simmer for 5 minutes for fish, 10 minutes for meat.

Remove from the heat and stir in the yoghurt and fresh coriander and serve.

Serves 6.

## 10. FISH BREYANI (Serves 6 - 8)

Once you've tasted this delicious fish breyani, you'll travel to the ends of the earth (or at least to Durban!) to find all the spices the recipe demands. It's a bit time-consuming, but well worth the effort in the end and will feed a lot of people.

50 ml oil  
1 large onion, sliced into rings  
4 cardamom seeds  
4 whole cloves  
2 pieces stick cinnamon  
5 ml chopped fresh ginger  
4 cloves garlic, crushed  
5 ml barishap  
5 ml cumin seeds (jeera)  
5 ml ground coriander  
5 ml leaf masala  
5 ml breyani masala  
1 kg fresh fish, cubed  
salt  
5 ml fish masala  
6 small potatoes, peeled  
200g (500 ml) uncooked rice  
5 ml turmeric  
125 ml lentils (masoor)  
4 hard-boiled eggs

Heat the oil in a pan and fry the onion, cardamom seeds, cloves, cinnamon, ginger and garlic until the onion is tender and all the flavours have blended together. Add the barishap, cumin seeds, coriander, leaf masala, breyani masala and a little water. Simmer until an aromatic paste is formed.

Season the fish with salt and fish masala and add together with potatoes to the paste. Fry until the mixture acquires a nice yellow colour. Cover and braise until cooked. The potatoes should be soft but still intact. Add extra water if necessary. Add the rice to boiling salted water along with the turmeric and boil until tender. Drain and set aside. Cook the lentils in boiling water until soft and drain.

Combine the rice and lentils and arrange layers of the breyani mixture and rice in a saucepan. Add a little water, cover with a piece of waxed paper and lid, and steam for about half an hour.

Slice the eggs into quarters and place on top of the breyani just before serving.

## 11. CRAB CURRY

1 large onion, sliced into rings  
oil  
30 ml (2 T) garlic and ginger paste  
30 ml (2 T) mixed masala  
1 ml (1/4 t) turmeric  
4 jam tomatoes, peeled and grated  
60 ml (1/4 cup) soaked tamarind pulp  
3-4 green chillies  
1 large crab (about 500g) cleaned and cut into pieces with shell intact  
fresh coriander leaves, chopped

Fry the onion in a little heated oil until golden brown.  
Stir in the garlic and ginger paste, and add the masala, turmeric, tomatoes, tamarind pulp and chillies.  
Reduce the heat and simmer for about 5-10 minutes.  
Season with salt, add the crab pieces, cover and simmer for 10 minutes until done.  
Sprinkle with the fresh coriander leaves and serve with rice.  
Serves 2 - 3

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## 12. PRAWN CURRY

1 large onion, finely chopped  
1 sprig curry leaves  
3-4 green chillies  
oil  
15 ml (1 T) garlic and ginger paste  
30-45 ml (2-3 T) mixed masala  
5 ml (1 t) turmeric  
6 medium-sized jam tomatoes, peeled and pureed  
500 g prawns, shelled and alimentary canal removed, but keep tails intact  
fresh coriander leaves

Stir-fry the onion, curry leaves and chillies in a little heated oil until the onion is golden brown.  
Stir in the ginger and garlic paste.  
Add the masala, turmeric and tomatoes, and braise for a few minutes before simmering until the tomatoes are fragrant.  
Add the prawns, cover and simmer for another 5-7 minutes or until the prawns are done.  
Season with salt and sprinkle with fresh coriander leaves.

### 13. PAKISTANI CURRY

1 kg boneless lamb thick rib, cubed  
30 ml cooking oil  
1 onion, sliced  
4 sprigs dhania (fresh coriander)  
50 g slivered almonds

#### Marinade:

15 ml ground coriander  
2 ml ground cinnamon  
2 ml ground cloves  
5 ml freshly-ground black pepper  
2 ml salt  
2 ml turmeric  
5 ml ground cardamom seeds  
1 piece of fresh ginger root, finely chopped  
4 cloves garlic, crushed  
1 onion, finely chopped  
150 ml natural yoghurt

Mix all the marinade ingredients together, place meat into it and marinate for a few hours.

Drain, keep marinade aside.

Saute onion in heated cooking oil till transparent. Add meat and marinade.

Cover with lid, lower heat and simmer for 45 minutes or till meat is tender.

Place 4 sprigs of fresh dhania (coriander) on top of meat and simmer for an additional 10 minutes. Remove dhania. Spoon meat out into a meat platter and garnish with toasted almonds.

Serves 6.

## 14. BREYANI

### Rice Layer:

400g (500 ml) long grain rice  
100g (125 ml) large brown lentils  
10 ml salt  
2 ml turmeric  
1 litre water

### Mince Layer:

2 onions, thinly sliced  
500g lean beef mince  
3 cloves  
3 cardamom pods, bruised  
2 pieces stick cinnamon  
5 ml crushed fresh ginger  
5 ml crushed garlic  
10 ml ground cumin  
10 ml ground coriander  
5 ml crushed dried chilli  
5 ml turmeric  
30 ml tomato paste  
125 frozen diced carrots  
125 g frozen peas  
55g (55 ml) butter  
150 ml water

**Rice Layer:** Simmer the rice and lentils in water with the turmeric and salt for 20 minutes. Rinse and drain in a colander.

**Mince Layer:** Combine onions, mince, cloves, cardamom, ginger and garlic and cook in a large saucepan over medium heat for 30 minutes, stirring to create a smooth texture. Add the cumin, coriander, chilli powder, turmeric, salt and tomato paste. Cook for a further 10 minutes or until spices are well blended. Add the mixed vegetables and cook for 5 minutes.

Spoon half the rice mixture into a large saucepan or ovenproof dish, top with mince mixture and end with a layer of the remaining rice. Dot with butter and sprinkle with water. Cover the pan with a tight-fitting lid and cook on high for 5 minutes. Reduce heat and simmer on medium for about 30 minutes (or bake at 180°C). Serve with salad and chutney.

## 15. CREAMY CHICKEN CURRY

Another way to stretch meat is to add pulses such as beans or lentils, which are filling. Red lentils are small and absorb the flavour of meat, so are ideal to add to stews or curries if you are not a bean fan. Pulses are a good source of protein and are cheaper and healthier than meat, so give them a try. In this recipe the chicken meat has been taken off the bone to make it go further. By doing this and by adding lentils, less chicken is needed, making it more economical. Vegetables have been added to stretch the dish even further, and yoghurt instead of coconut or cream, to give it a creamy finish.

30 ml sunflower oil  
1 onion, chopped  
2 cloves garlic, crushed  
30-40 ml curry powder  
550 ml chicken stock  
3 chicken breasts  
2 tomatoes, chopped  
30 ml desiccated coconut  
15 ml vinegar  
1 apple, peeled and diced  
2 potatoes, quartered  
200 ml red lentils  
100 g green beans, halved  
250 ml butternut, peeled and cubed  
250 ml natural yoghurt

Heat oil in a large saucepan. Add onion and garlic and sauté until soft. Add curry powder and sauté for 30 seconds. Add chicken stock and bring to the boil. Add chicken and reduce heat to simmer. Simmer, covered, for 40 minutes until chicken is cooked through.

Remove chicken from the pot and cool slightly. Pull the meat off the bones and cut into bite-sized pieces. Return chicken meat to the saucepan, along with remaining ingredients, except yoghurt. Simmer, covered, for a further 20 minutes or until vegetables are tender.

Stir in the yoghurt and season to taste. Serve with rice.

Serves 4-6

## 16. BEEF 'N GREEN BEAN CURRY

Add sweet potato to a green bean curry for extra flavour and body, and season with garlic, ginger, lemon juice and brown sugar.

30 ml (2 T) oil  
500g stewing steak, sliced into strips  
2 onions, finely chopped  
2 cloves garlic, crushed  
5 ml (1 t) fresh ginger  
20 ml (4 t) curry powder  
5 ml (1 t) turmeric  
15 ml (1 T) brown sugar  
5 ml (1 t) lemon juice  
salt and freshly ground black pepper to taste  
250 ml (1 cup) hot water  
2 sweet potatoes, peeled and cubed  
1 can (410g) green beans (French cut), drained or fresh green beans, sliced

Heat the oil in a heavy-based saucepan and brown the meat strips. Remove from the saucepan and set aside. Fry the onions, garlic and ginger in the remaining oil until tender and fragrant. Return the meat to the saucepan and season with curry powder, turmeric, brown sugar, lemon juice, and salt and black pepper. Stir-fry for about 5 minutes. Add the water, reduce the heat and simmer for about 1-1 ½ hours or until the meat is nearly tender. Add the sweet potato cubes and fresh green beans (if using) and simmer for another 25 minutes or until the sweet potatoes are tender. Add the canned green beans (if using) and simmer for another 5 minutes until warmed through. Serves 6-8.

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## 17. CHICKEN AND PUMPKIN/BUTTERNUT CURRY

50 ml oil  
2 large onions, sliced  
10 ml garlic, finely chopped  
25 ml curry powder  
1 chicken, cut into portions  
2 large tomatoes, chopped  
750 ml pumpkin or butternut, peeled and cubed  
salt and pepper to taste  
25 ml coriander leaves (optional)

Heat oil and fry onions, garlic and ginger for 5 minutes.  
Add curry powder and fry for 1 minute.  
Add chicken pieces, tomatoes, pumpkin, salt and pepper.  
Stir well with metal spoon.  
Cover pan and cook slowly for 30 minutes.  
Stir in coriander leaves and serve on rice.

## 18. WINTER CURRY Serves 6 - 8.

600 - 700g stewing mutton, cut into pieces  
30 ml (2 T) oil  
1 mutton or beef stock cube  
750 - 1000 ml (3 - 4 cups) boiling water  
salt and freshly ground black pepper to taste  
250g fresh green beans, sliced  
30 ml (2 T) seedless raisins  
3 potatoes, cubed  
1 onion, sliced into rings  
10 ml (2 t) strong curry powder  
pinch ground cloves  
50 ml vinegar  
3 bananas, sliced  
15 ml (1 T) cornflour  
50 ml water

Brown small quantities of the meat in the heated oil. Dissolve the stock cube in boiling water and pour half the stock over the meat. Reduce the heat and simmer until the meat is tender. Add extra stock and salt and pepper if necessary. Add the green beans, raisins and potatoes. Simmer until the vegetables are nearly tender. Meanwhile fry the onion in a little oil until golden brown. Add the curry powder and stir-fry for about 2 minutes more. Add the curry mixture to the meat mixture, along with the cloves, vinegar and bananas. Simmer for about 5 minutes or until cooked and warmed through. Dissolve the cornflour in the water and stir into the curry. Bring to the boil and simmer for another 5 minutes or until the gravy thickens slightly and is cooked.

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## 19. MURGI KA TIKKA (CHICKEN TIKKA) (Serves 6 as a starter, 3 as a main)

400g boneless chicken, cubed  
1 T oil, for basting  
Marinade:  
 $\frac{3}{4}$  cup low-fat yoghurt  
1t ginger paste  
2t garlic paste  
2t fresh lemon juice  
1  $\frac{1}{2}$  t tandoori masala  
1 t garam masala  
1 t chilli powder or to taste  
salt to taste

Mix together all marinade ingredients in a bowl. Add chicken cubes and stir through until they are thoroughly coated in marinade. Cover and marinate in the refrigerator for 5-6 hours, or preferably overnight. Bring marinated chicken to room temperature before cooking. Thread the chicken pieces onto skewers. Braai or grill, turning and basting every few minutes until cooked through, but still juicy (about 15-20 minutes). Serve as a main course with condiments and a legume, vegetable or rice dish. As a starter, serve chicken pieces on toothpicks with chutney.

## 20. LAMB VINDALOO

The amount of chilli powder used can be varied according to taste. The amounts of chilli powder and peppercorns used in this recipe make the dish quite mild.

1T cumin seeds  
¼ t cardamom seeds  
2 x 2cm pieces stick cinnamon  
8 whole cloves  
10 whole peppercorns  
1 cup vinegar, preferably malt vinegar  
1t mustard powder  
1t chilli powder, or to taste  
1t paprika  
1t turmeric  
1t white sugar  
800g boneless lamb, cut into 5cm cubes  
3T oil  
1 onion, finely chopped  
2t ginger paste  
1T garlic paste  
salt to taste  
3 cups hot water

Grind cumin seeds, cardamom seeds, cinnamon, cloves and peppercorns in a coffee grinder. Transfer to a bowl. Add vinegar to ground spices. Stir in mustard, chilli powder, paprika, turmeric and sugar, and mix well. Add lamb and mix thoroughly. Leave to marinate for 5-6 hours, or preferably overnight. Heat oil in a non-stick pan over medium heat. Add onion and saute until golden brown. Stir in ginger and garlic pastes and stir-fry for 30 seconds. Stir in marinated lamb and salt and cook for 2-3 minutes. Add water and bring to the boil. Reduce heat to low, cover and simmer for an hour or so, stirring now and then, or until lamb is tender. Best served with plain rice, but most enjoyable with crusty bread as well.

## 21. NORTH INDIAN CHICKEN WITH SPICED POTATOES

35ml sunflower oil  
15ml cumin seeds  
1 medium onion, chopped  
2 cloves garlic, crushed  
1 410g can Indian-style tomatoes\*  
4 carrots, cut into julienne strips  
6-8 chicken thighs  
45 ml fresh coriander, chopped

Heat oil in a large saucepan. Add cumin seeds (and masala if using) and stir for 30 seconds.

Add onion and garlic and sauté until softened.

Add tomatoes and carrots and stir to combine. Add the chicken pieces.

Spoon sauce over the chicken, then cover and simmer for 30 minutes or until chicken is cooked through. Season to taste with salt and sprinkle with fresh coriander.

Serve with spiced potatoes. Serves 4.

\*If these are unavailable, use 1 x 410g chopped or whole tomatoes + 5-10 ml masala

Spiced Potatoes:

30 ml sunflower oil  
6 potatoes, washed and cut into cubes  
5 ml mustard seeds  
5 ml cumin seeds  
1 ml ground turmeric  
5 ml dried crushed chillies  
10 ml lemon juice

While chicken is cooking, heat oil in a pan. Add mustard and cumin seeds. When they pop, add the potato cubes and remaining spice. Stir to coat the potatoes, then cover with a lid and cook over medium heat for about 15 minutes until tender.

Season with salt and lemon juice and serve.

## 22. CURRIED PASTA SALAD

### Dressing:

15 ml (1 T) oil  
60 ml (4 T) white wine, vinegar or lemon juice  
1 clove garlic, crushed  
5 ml (1 tsp) curry powder  
1,5 ml (1/4 tsp) chilli powder  
5 ml (1 tsp) brown sugar

Place all ingredients in a screwtop jar and shake well.

### Salad:

250g (3 cups) shell pasta  
100g cauliflower florets  
100g broccoli florets  
100g green beans, topped, tailed and sliced  
100g carrots, peeled and grated  
250g baby corn, drained (try to use fresh, not canned)  
15 ml (1 T) toasted sesame seeds

Cook pasta in boiling water until just tender. Drain, rinse under cold water.

Blanch cauliflower, broccoli and beans, and combine in a salad bowl with the carrot and corn. Toss with sesame seeds and dressing; cover and chill.

Serve with wholemeal pita bread for lunch or as an accompaniment to braais or grills.

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## 23. MASALA CUTLETS WITH CORIANDER-MINT SAUCE Serves 4.

750g firm-fleshed fish cutlets, slightly defrosted  
herbal salt  
60 ml red or fish masala  
30 ml sunflower oil

### Sauce:

75 ml low-fat cottage cheese  
75 ml low-fat spread, melted  
1 bunch (about 30g) fresh coriander leaves, finely chopped  
60 ml mint, finely chopped  
or 10 ml mint sauce

To make the sauce, combine all the ingredients well and chill for at least an hour.

Remove the bones from the fish by making a triangular or square incision around the outer edges of the bones. Push the bones out of the cutlets. Season the cutlets with the salt.

Brush both sides with the masala and allow to rest for 30 minutes.

Brush the cutlets with the oil and braai over medium-hot coals or place under a hot grill or in a griller pan, 3 - 4 minutes per side or until cooked. Transfer to a serving platter.

Pipe or spoon a portion of the sauce in the centre of the cutlets. Serve at once with a brown and wild

rice pilaf, and a cucumber salad.

## 24. **CURRIED BRAWN**

1 sheep's tripe, thoroughly cleaned  
4 sheep trotters, thoroughly cleaned  
4 bay leaves  
15 ml whole coriander seeds  
10 allspice seeds  
6 whole cloves  
4 cardamom pods  
125 ml brown vinegar  
125 ml lemon juice  
15 ml curry powder  
15 ml turmeric  
15 ml sugar  
5 ml fresh root ginger, grated  
2 cloves garlic, crushed  
1 onion, finely grated  
25 ml salt  
15 ml black pepper, freshly ground

Cover the tripe and trotters with water and simmer slowly until the meat falls off the bone. Remove all the bones and cut the tripe into smaller pieces. Tie the bay leaves, coriander seeds, allspice seeds, cloves and cardamom pods in a muslin bag and place in the saucepan. Add the remaining ingredients and simmer slowly for about two hours. Stir frequently to prevent the mixture from sticking to the bottom of the saucepan. Pour into moulds rinsed with cold water. Leave to set. Serve with bread

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## 25. **CURRIED KAIINGS (CRACKLING)**

1 large onion sliced  
3 potatoes, diced  
2 tomatoes, skinned and diced  
5 ml medium curry powder  
5 ml turmeric  
1 l kaiings  
sugar  
brown vinegar  
salt  
pepper

Place the onion, potatoes and tomatoes in a heavy-based saucepan and add the curry powder and turmeric. Add a little water and simmer until the potatoes are soft. Add the kaiings and season to taste with sugar, brown vinegar, salt and pepper. Mix well and cook through. Serve with mealie rice. Serves 4.

## 26. CURRIED MOGODO (TRIPE)

1.50 kg tripe, cleaned, pre-cooked and cubed  
5 ml salt  
15 ml lemon juice  
60 ml oil  
20 ml curry powder  
1 onion, chopped  
1 garlic clove, chopped  
2 carrots, peeled and diced  
115 g (1 can) tomato paste  
400 g (1 can) chopped tomatoes  
30 ml sugar

Wash and rinse tripe thoroughly.

Place in cold water, and add salt and lemon juice.

Bring to the boil and simmer gently for 2 hours, or until tender.

To make sauce:

Heat oil and add curry powder, onion and garlic.

Sauté until transparent, then add remaining ingredients and simmer for 15 minutes.

Drain tripe and add to tomato sauce.

Cook for a further 20 minutes.

Serve hot with samp or maize rice.

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## 27. CURRIED MINCE VETKOEK...mince is the perfect filling for vetkoek, more so if it be curried mince!

### CURRIED MINCE

10 ml oil  
1 large onion, coarsely chopped  
2 cloves garlic, crushed  
500 g mince, preferably lean beef or ostrich  
3 ml salt  
45 ml mild curry powder  
2 medium carrots, sliced into thin strips  
1 green pepper, finely chopped  
1 green apple, grated  
25 ml fruit chutney  
7 ml vinegar  
30 ml tomato purée  
3 ml Worcestershire sauce  
150 ml water  
1 large cooked potato, peeled and cubed  
65 ml frozen peas (optional)  
salt and freshly ground black pepper  
fresh coriander leaves for garnishing (optional)

## VETKOEK

1 kg cake flour

10 ml salt

1 l oil for deep-frying

10 g instant yeast

650 ml lukewarm water (approximately)

Heat the oil in a large shallow saucepan and sauté; the onion and garlic until fragrant and soft. Add the mince and brown well. Add the salt and curry powder and sauté; until fragrant. Add the carrot, green pepper, apple, chutney, vinegar, tomato purée, Worcestershire sauce and water and stir well. Cover partially and simmer for about 30 minutes or until the sauce has thickened. Stir occasionally. Add the potato and peas, stir gently and simmer until heated through. Season to taste and keep warm.

### VETKOEK:

Sift the flour in a large mixing bowl and add the yeast and salt. Mix well. Add just enough lukewarm water to make a soft dough and knead for about 15 to 20 minutes or until the dough is smooth and elastic and no longer sticks to your hands. Coat the top of the dough with oil, cover with a tea towel and leave to rest in a warm place for about 10 minutes. Knock the dough back and break off pieces of dough. Shape into rounds and leave in a warm place to rise once more until double in volume. Heat the oil until very hot and deep-fry the vetkoek until golden brown and done. Drain on paper towelling. Make a slit in the vetkoek and fill with the hot curried mince mixture. Sprinkle the filling with extra coriander leaves, press the vetkoek gently to close and serve.

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## 28. CURRIED OX TONGUE

1 kg ox tongue

1 onion, coarsely chopped

2 sprigs parsley

5 whole peppercorns

2 bay leaves

### SAUCE

4 carrots, cut into julienne strips

250 ml boiling water

60 ml vinegar

15 ml curry powder

5 ml garam masala

5 ml ground coriander

salt

cornflour

1 chicken stock cube

250 ml cream

30 ml sugar

5 ml cumin seed (jeera)

1 ml ground ginger

250 g stoned prunes

pepper

Place the ox tongue in a large saucepan or pressure cooker. Add the peppercorns, onion, bay leaves and parsley and simmer for about 2 hours or until the tongue is tender (for 1 hour if cooking the tongue in the pressure cooker). Remove the tongue from the cooking liquid and remove the skin while still hot. Slice the tongue. In the meantime prepare the sauce: Boil the carrot strips in the chicken stock cube dissolved in the boiling water until tender but still crisp. Add the remaining ingredients for the sauce and simmer until the sauce has thickened. Stir occasionally. Season with salt and pepper and thicken with cornflour mixed to a paste with a little water if necessary. Serve with the tongue or place the tongue slices in the sauce and heat through.

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## 29. CURRY OXTAIL STEW...

ONCE AGAIN ONE OF MY PERSONAL FAVORITE COMBINATIONS, OXTAIL AND CURRY!

1.5 kg oxtail	30 ml curry powder
4 cloves	4 peppercorns
1 bay leaf	250-500 ml meat stock
1 small onion, sliced	1 carrot, chopped
1 turnip, chopped	butter
30 ml cake flour	

Cut the oxtail into joints and wash thoroughly.

Place meat in a heavy saucepan and add the spices and boiling water.

Simmer for three to four hours, adding more stock when necessary.

After two hours add salt, pepper, onion, carrot and turnip.

Remove spices and skim off as much fat as possible.

Melt the butter in a pan, add the cake flour and fry until brown.

Add the flour mixture to the meat and gravy in the saucepan and stir until the gravy thickens.

Simmer for 15 minutes.

Serve with rice or mashed potatoes.

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## 30. CURRY PIE Serves 4-6.

### MINCE MIXTURE

15 ml oil	2 onions, sliced into rings
15 ml curry powder	2 ml ground cumin seed
500 g mince	salt
pepper	1 apple, grated
10 ml apricot jam	

### PASTRY

220 g cake flour	7 ml baking powder
2 ml salt	7 ml curry powder
70 g margarine	100 ml milk

### FILLING

50 g margarine	50 ml chutney
30 g sultanas	25 ml coconut

Preheat the oven to 180 °C (350 °F). Grease an ovenproof dish with margarine. Heat the oil in a pan and sauté the onion until soft. Add the seasonings and sauté for another minute. Add the mince and brown it. Season to taste with salt and pepper. Add the apple and apricot jam and cook through. Add extra water if necessary. Transfer to the prepared ovenproof dish. Sift the cake flour, baking powder, salt and curry powder together in a mixing bowl. Rub in the margarine with your fingertips until the mixture resembles breadcrumbs. Add just enough milk to form a stiff dough. Roll out the dough on a lightly floured surface until it is about 7 mm thick. Combine all the ingredients for the filling and spread over

the rolled out dough. Roll the dough up lengthwise and cut into 1 cm slices. Arrange on top of the meat mixture and bake for about 40 minutes or until the pastry slices are cooked through and golden brown.