



Cape Malay chicken curry

Serves: 4-6

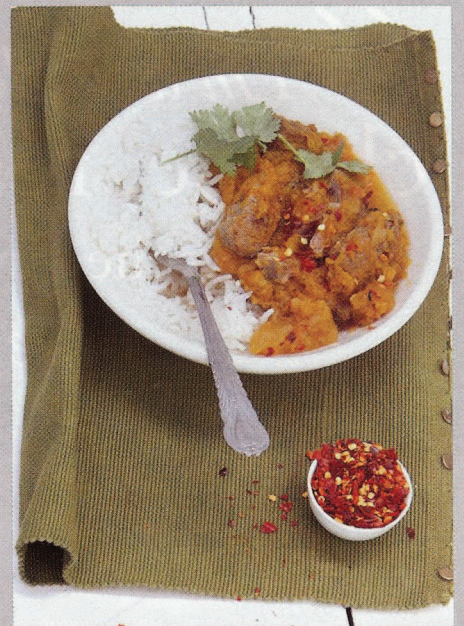
Preparation time: 20 minutes

Cooking time: 40 minutes

- sunflower oil
- 2 medium-sized onions, chopped
- 1kg chicken, skinned and cut into portions
- 15ml turmeric
- 15ml cumin
- 15ml ground coriander
- 15ml ground fennel
- 30ml garlic and ginger paste
- 1 tomato, finely chopped
- 4 medium-sized potatoes, peeled and cut into quarters
- 6-7 fresh curry leaves

- 6-7 sprigs of fresh coriander
- rice or rotis, to serve

- 1 Heat a little sunflower oil in a saucepan. Add the onion and sauté until light golden brown.
- 2 Add the chicken pieces and stir well. Add the spices, garlic and ginger paste, and salt to taste.
- 3 Cook for a few minutes, then add tomato. Stir well. Add 250ml water. Cook, stirring, for five minutes. Add the potatoes and another 250ml water. Bring to the boil, then cover and simmer for 30 minutes or until the potatoes are tender.
- 4 Add curry leaves and coriander. Serve with rice or rotis.



Pumpkin stew

Serves: 4-6

Preparation time: 20 minutes

Cooking time: approximately 2 hours

- sunflower oil
 - 1kg mutton or lamb leg chops
 - 15ml butter
 - 2 onions, finely chopped
 - 10ml crushed garlic
 - 2,5ml black pepper
 - 2,5ml crushed chillies
 - 2 sticks cinnamon
 - 2 bay leaves
 - 1ml ground nutmeg
 - 3 allspice berries
 - 1 ripe tomato, finely chopped
 - ½ large pumpkin, peeled and cut into small cubes
 - 60ml white or brown sugar
 - cooked rice, to serve
- 1 Heat a little oil in a large saucepan. Braise the meat for five minutes.
 - 2 Add 250ml water and simmer until the meat is soft and dry.
 - 3 Add the butter and onions and braise until golden brown.
 - 4 Add the garlic and spices and keep stirring. Add the tomato and then the pumpkin. Add 500ml water and bring to the boil. Reduce the heat to simmer, cover and cook over a low heat until the pumpkin is soft. Add the sugar and stir well. Serve with rice. ■