

BUNNY CHOW

Prep time: 1 hour

Cook time: 2.5 hours

Serves 2 people

INGREDIENTS

700g lamb

Oil for frying

2 large cinnamon sticks

1 teaspoon fennel seeds

1 bay leaf

6 green cardamom seeds

4 cloves

Sprig of curry leaves

1 teaspoon crushed green chillies

1 large onion, finely diced

½ teaspoon turmeric

2 tablespoons crushed garlic and ginger

1 tablespoon vinegar

2 teaspoons sugar

3 teaspoons medium chilli powder

2 teaspoons coriander

1 teaspoon garam masala

2 tomatoes, blended

5 small to medium potatoes

Fresh coriander, chopped

Salt and pepper

Loaf of white bread



INSTRUCTIONS

1. Season the meat with salt and pepper.
2. Place meat on the braai, brown on both sides, then set aside.
3. Heat a bit of oil in a pot. Add the cinnamon sticks, cardamom, cloves, bay leaf and fennel. Stir for a few minutes.
4. Add the curry leaves, chillies, onion, turmeric, ginger and garlic. Braise for 3-4 minutes.
5. Add the garam masala and the other spices to the pot. Then add the vinegar and sugar, and mix well.
6. Add the meat and mix until it's been coated with the masala.
7. Cover the pot and let it cook for a few minutes.
8. Add the potatoes and some water. Cover and let it cook some more.
9. When the potatoes are almost cooked, add the tomatoes.
10. When the potatoes are soft, add the fresh coriander and stir.
11. Cut the bread in half. Hollow out the middles and pour in the curry.
12. Garnish with fresh coriander and serve.