

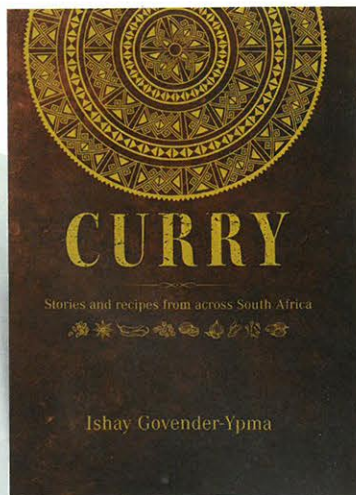
The spice route



Author Ishay
Govender-Ypma

Explore the fascinating story of the South African curry with Ishay Govender-Ypma in *Curry: Stories and Recipes from Across South Africa*. Ishay threads together the aromatic flavours of curry recipes from people of all walks of life.

Spanning almost 90 recipes and featuring conversations with more than 60 cooks and food experts, *Curry* is truly a product of a rainbow nation. Delve into the tastes of South Africa from coast to coast, with dishes ranging from the classic KwaZulu-Natal crab curry and Karoo venison *kerkbasaar kerrie en rys* to the Cape Malay chicken and crayfish curry.



Kadir Saloojee
(Lenasia)

From being forcibly removed from Lenasia, to selling school clothes and operating a general dealer, Kadir Saloojee's life took many twists and turns before he began his cooking career. At age 30, he began working with two well-respected community cooks in Lenasia where he mostly catered for cricket tournaments and weddings.

"In those years, weddings were on Sundays. We mostly cooked biryani, mutton curry and rice. That's where I learnt how to cook a mutton curry," Kadir says. The cook warns never to add too much water to a mutton curry as the meat releases its own water and fat. He also advises deep frying the potatoes before adding them to the pot.



Marian Cottle
(Schoemanskloof)

Marian Cottle runs Old Joe's Kaia, the first entirely vegan retreat in Mpumalanga. The clientele of this former roadhouse has changed from carnivores to plant eaters over the years.

The seasonal tasting menus at the restaurant, aptly named The Seedling, often feature Marian's signature 'Old Joe's Vegetable Curry'. "Curry has always been very prominent in my life. When I was still in Johannesburg, I used to make an extra big pot," she says. "The whole family would be involved. Then the pot stood on the stove all of Saturday; my partner would buy a ciabatta and we would pour ourselves a glass of red wine at nine or 10 o'clock and eat that curry."

Mr Saloojee's Mutton Curry

Serves 4

INGREDIENTS

30ml (2 tbsp) oil, plus extra for deep frying
1 medium onion, finely sliced
1kg mutton pieces (with bone), rinsed and dried
250ml (1 cup) hot water, plus extra if needed
15ml (1 tbsp) ginger and garlic masala*
1 cinnamon stick
2.5ml (0.5 tsp) turmeric
15ml (1 tbsp) ground coriander
2-3 cardamom pods
5ml (1 tsp) cumin seeds
5ml (1 tsp) crushed dried red chillies with seeds
5 black peppercorns
2 whole cloves
Salt
2 medium tomatoes, liquidised
2-3 medium potatoes, peeled and cut into six pieces each

*The ginger and garlic masala is a combination of fresh ginger, garlic and red chillies blended together.

To serve

Fresh coriander, rice

METHOD

1. Heat the oil in a medium to large saucepan on high heat.
Braise the onion until brown.
2. Add the meat, cover the saucepan with a lid and cook on medium-low heat. Mutton tends to be tough so this will take about 10 hours.
3. Lift the lid and add a little hot water as needed if the meat catches.
4. Once the meat is tender, add all the spices, mix well into the meat and taste at this point. Adjust the salt.
5. Add the tomatoes. Cook together for 10-15 minutes.
6. While the tomatoes cook, deep fry the potatoes until soft. Dab on paper towels and add to the curry and mix.
7. Add a little water if you'd like to have more gravy.



TIP

Add cooked gem squash or finely cubed aubergine in the last 10 minutes if you want a thicker gravy.