

THE SPICE ROUTE

Arouse your taste buds with these delicious curries featured in a new South African cookbook

COMPILED BY CARMEN PETERSEN PICTURES: JURIE SENEKAL

JOURNALIST Ishay Govender-Ypma decided to travel across South Africa to explore how curry is made in every culture and culinary corner. Her cookbook details her adventures and illustrates the diversity of tastes, ingredients and influences across our land. Here Ishay shares dishes from five of SA's nine provinces.

VASHNA'S BEEF BHUNA

Vashna Jagarnath from Grahamstown calls on food writer Madhur Jaffrey's lamb bhuna for inspiration for her beef version. The curry is a drier variety – one where the spices coat the meat and brown it and the sauce thickens, clinging to it. It pairs beautifully with a roti or naan that you use to scoop up the meat.

SERVES 4
PREPARATION:
15 MIN
COOKING:
1 HR 45 MIN

- 1 kg beef cubes (boneless)
- 10 ml (2 t) black or yellow mustard seeds
- 10 ml (2 t) cumin seeds
- 15 ml (1 T) coriander seeds
- 10 ml (2 t) fenugreek seeds
- 10 ml (2 t) fennel seeds
- 2 dried red chillies, crushed
- 30 ml (2 T) oil
- 1 large onion, chopped
- 15 ml (1 T) ginger, grated
- 5 garlic cloves, crushed
- 1 can (410 g) peeled and chopped tomatoes

EASTERN CAPE



VASHNA'S BEEF BHUNA

- ▶ 1 small habanero chilli, sliced (optional)
 - ▶ 2,5 ml (½ t) brown sugar
 - ▶ 8-10 curry leaves, torn
 - ▶ salt
 - ▶ 250 ml (1 c) water, plus extra if needed
- TO SERVE**
- ▶ 2,5 ml (½ t) garam masala
 - ▶ chopped fresh coriander, carrot salad and rotis

1 Wash the meat, dry with paper towels and set aside.
2 Add the seeds and dried chillies to a medium nonstick frying pan over medium-low heat. Toast for about 2 minutes, shaking the pan so the spices don't burn. You'll smell the fragrance released from the seeds.
3 Remove from the pan immediately and when cooled slightly process in a spice grinder to form a powder (it doesn't have to be very fine).
4 Add the oil to a medium saucepan and heat over medium-high heat. Add the onion, ginger, garlic and the spice mix and fry for 1 minute while stirring.
5 Add the meat and stir to coat well. Cook for 5 minutes.
6 Add the tomatoes, habanero chilli (if using), sugar and curry leaves and season with salt. Cook for a few minutes then add the 250 ml (1 c) water. Turn the heat down to low and allow the curry to simmer for about 1 ½ hours with the lid on tightly. Check often to see if the meat is catching and, if it is, add a little water.
7 TO SERVE

Sprinkle the garam masala and fresh coriander over. Serve with the salad and rotis.

LUKE'S COCONUT CRAB CURRY

Luke Nair's recipe is a spin on the classic red-hot Durban crab curry. He uses coconut cream and coconut in the sauce to give it a distinct South Indian or Sri Lankan flavour.

SERVES 4
PREPARATION: 15 MIN
STANDING: 30 MIN
COOKING: 20 MIN

- ▶ 60 ml (¼ c) freshly squeezed lemon juice
 - ▶ 1,5 kg fresh or frozen (thawed and drained) crab pieces in the shell
 - ▶ 125 ml (½ c) oil
 - ▶ 1 medium onion, chopped
 - ▶ 30 ml (2 T) garlic, crushed
 - ▶ 15 ml (1 T) ginger, grated
 - ▶ 10 ml (2 t) turmeric
 - ▶ 80 ml (⅓ c) masala
 - ▶ 8-10 curry leaves
 - ▶ 15 ml (1 T) ground coriander
 - ▶ 10 ml (2 t) ground cumin
 - ▶ 10 ml (2 t) ground fennel
 - ▶ 200 ml puréed tomatoes
 - ▶ 50 g tamarind dissolved in 100 ml water (strain and discard the seeds)
 - ▶ freshly ground pepper
 - ▶ 150 ml coconut cream
 - ▶ 100 g grated fresh coconut
 - ▶ salt
- TO SERVE**
- ▶ fresh coriander

- ▶ rice or white bread

- 1** Sprinkle the lemon juice over the crab and set aside for about 30 minutes.
- 2** Heat the oil in a medium heavy-bottom saucepan over medium heat and add the onion, garlic and ginger while stirring.
- 3** Add the turmeric, masala and curry leaves.
- 4** Add the ground spices, tomatoes and tamarind water and cook for 5 minutes.
- 5** Stir in the crab, pepper, coconut cream, grated coconut and salt. Simmer for about 10 minutes over low heat.
- 6 TO SERVE** Garnish with fresh coriander and serve with rice or bread.

LISBETH'S CAULIFLOWER CURRY

Lisbeth Mameitja from Hoedspruit met Nick Medjoma from Mumbai at a lodge they both worked at. She watched him cook for guests and now has a big cookbook filled with Indian recipes.

SERVES 4
PREPARATION: 10 MIN
COOKING: 35-40 MIN

- ▶ 3 medium onions, chopped
- ▶ 3 green chillies, chopped
- ▶ 30 ml (2 T) oil
- ▶ 2 garlic cloves, crushed
- ▶ 5 ml (2 t) ginger, grated
- ▶ 2,5 ml (½ t) turmeric
- ▶ 2,5 ml (½ t) ground cumin
- ▶ 2,5 ml (½ t) ground (Turn over)

KWAZULU-NATAL



LUKE'S COCONUT CRAB CURRY

LIMPOPO



LISBETH'S CAULIFLOWER CURRY

WESTERN CAPE



CASS' CAPE CHICKEN CURRY

- coriander
- 2,5 ml (½ t) chilli powder
- 3 small tomatoes, chopped
- 2 medium cauliflower, cut into bite-size pieces
- 60 ml (¼ c) water, plus extra if needed
- salt

TO SERVE

- fresh coriander
- rice or pap

1 In a large saucepan on medium heat, fry the onions and chillies in oil until soft.

2 Add the garlic and ginger and stir until the onions are brown.

3 Stir in the powdered spices and cook for 5 minutes while stirring.

4 Add the tomatoes and cook until soft.

5 Add the cauliflower and 60 ml (¼ c) water. Season with salt and cover with a lid. Cook for 20-25 minutes, or until the cauliflower is cooked (tender but not mushy). Add more water if needed.

6 TO SERVE

Sprinkle coriander over and serve with rice or pap.

CASS' CAPE CHICKEN CURRY

"This is one of the first curries I learnt to cook as a young bride. I still make it today and all you need is chicken, potatoes and spices to make a tasty, aromatic meal in less than 30 minutes," says Cass Abrahams from Cape Town.

SERVES 4-6
PREPARATION: 15 MIN
COOKING: 30 MIN

- 30 ml (2 T) oil
- 1 large onion, sliced
- 3 cardamom pods
- 2 small cassia or cinnamon sticks
- 8-10 chicken pieces, with skin
- 1 tomato, peeled and chopped
- 1 green chilli, slit (optional)

- 5 ml (1 t) turmeric
- 15 ml (1 T) ground cumin
- 15 ml (1 T) ground coriander
- 5 ml (1 t) chilli flakes
- 15 ml (1 T) hot masala
- 15 ml (1 T) ginger and garlic paste
- 250 ml (1 c) water (plus extra if needed)
- 4 large potatoes, peeled and quartered

TO SERVE

- salt
- 1 bunch fresh coriander, chopped
- yellow rice with raisins or white rice

1 In a large, heavy-bottom saucepan, heat the oil over medium heat. Add the onion, cardamom and cassia or cinnamon sticks. Sauté until the onion is soft and transparent.

2 Add the chicken pieces and fry for about 10 minutes.

3 Add the tomato, chilli (if using), turmeric, cumin,



FREE STATE

HANLIE'S YUM-YUM PORK CURRY

coriander, chilli flakes and masala and cook for minute, stirring.

4 Add the ginger and garlic paste, 250 ml (1 c) water and potatoes. Cook with the lid on until the potatoes are tender. Add more water if needed.

5 TO SERVE

Season with salt and sprinkle fresh coriander over. Serve with rice.

HANLIE'S YUM-YUM PORK CURRY

Hanlie Morel from Ladybrand uses pork shoulder but you can use a less expensive cut, which might take a little longer to cook.

SERVES 4
PREPARATION: 10 MIN
COOKING: ABOUT 45 MIN

- 30 ml (2 T) oil
- 1 kg pork shoulder or leg (with or without bones), cubed
- 2 medium onions,

- coarsely chopped
- 1 garlic clove, crushed
- 10 ml (2 t) finely chopped ginger
- 1 small red chilli, deseeded and finely chopped
- 15 ml (1 T) Rajah curry powder (hot)
- 1,2 ml (¼ t) ground cumin
- 500 ml (2 c) beef stock
- salt and pepper
- 4 medium carrots, peeled and chopped (optional)
- 4 medium potatoes, peeled and cubed
- 10 ml (2 t) cake flour, for thickening (optional)

TO SERVE

- rice and sambals

1 Heat the oil in a heavy-bottom saucepan over high heat. Wash the meat and dry with paper towels and add to the saucepan. Fry until browned on all sides.

2 Add the onions, garlic, ginger and chilli and sauté until the onions soften. Add the curry powder and cumin and cook for

1 minute, stirring continuously so the spices don't burn.

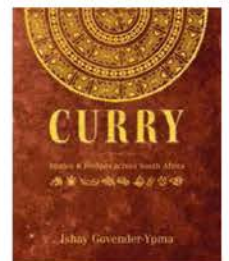
3 Add the stock and season with salt and pepper. Cover with a lid and cook for about 25 minutes or until the pork is tender.

4 Add the carrots (if using) and potatoes and simmer gently for about 20 minutes or until the potatoes are soft.

5 To thicken the sauce make a slurry with the flour and a little water. Mix well, add to the curry sauce and simmer briefly.

6 TO SERVE

Serve with rice and sambals. ■



CURRY: STORIES & RECIPES ACROSS SOUTH AFRICA, BY ISHAY GOVENDER-YPMA. PICTURES: JURIE SENEKAL (NB PUBLISHERS, R379*)

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