

A HOMAGE TO HERITAGE

In her new cookbook, CURRY (Human & Rousseau), freelance food and culture journalist Ishay Govender-Ypma explores the story of South African curry – from fiery flavours to subtle hints of spiciness. What emerges is not just a volume of recipes, but a collection of memories from cooks across the country

AS SEEN IN **CURRY: STORIES & RECIPES ACROSS SOUTH AFRICA**



VEGETABLE CURRY

by Fouzia Bismilla

Serves 4 to 6

- 1 medium onion, diced
- 200ml oil, plus extra if needed
- 1 x 410g can tomatoes, liquidised
- 2,5ml ground coriander
- 2,5ml ground cumin
- 5ml garlic paste
- 1 green chilli, pounded
- 4 medium aubergines, quartered
- 250ml frozen peas
- 2-3 medium potatoes, cut into wedges
- salt

1. Sauté the onion in 45ml of the oil in a large saucepan on medium-high heat. When the onions start to brown, add the tomatoes, coriander, cumin, garlic paste and chilli.
2. Add 30ml oil to a frying pan on medium-high heat and fry the aubergine on all sides until browned, adding more oil as needed.
3. Add the aubergine and peas to the tomato sauce. Continue to cook until soft.
4. In a separate pan, heat the remaining oil on high. Fry the potatoes until golden brown on the outside and soft inside.
5. Add the potatoes to the curry and simmer for 10 minutes. Adjust salt as needed. Serve with a roti.

CURRY

Stories & Recipes Across South Africa

Ishay Govender-Ypma is a fifth-generation South African of Indian descent. To compile the recipes in this book, she travelled for a year across the length and breadth of South Africa, meeting cooks from all walks of life and discovering stores of culinary memory and expertise. Including almost 90 recipes and covering conversations with more than 60 cooks and food experts, Govender-Ypma's cookbook threads together aromatic flavours and memories to tell the story of curry in South Africa.

Available for R395 at Exclusive Books.

