

# Recipe: mild vegetable curry

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This recipe for a mild vegetable curry comes from a new South African cook book *Curry*, by Ishay Govender-Ypma.

Published this month by Human & Rousseau, the hardback book contains almost 90 recipes that are drawn from homes and kitchens around South Africa, reflecting the love for spicy food by our citizens.

Lindiwe's Vegetable Curry is by a home cook in Alice in the Eastern Cape, and calls for gentle cooking of the vegetables to keep the attractive colours intact.

Serve with rice, dombolo (steamed bread) or stiff pap.  
It serves four to six.



# Lindiwe's Vegetable Curry

## INGREDIENTS

300g cabbage, cut into chunks  
2 medium carrots, peeled and cut on the diagonal  
100g broccoli florets  
100g cauliflower florets  
1/8 t bicarbonate of soda  
salt to taste  
3 T oil  
1 large onion, diced  
1/2 green pepper, chopped  
1/2 red pepper, chopped  
1 T Rajah curry powder (medium)  
1 t Raja curry powder (mild and spicy)  
1 t masala (mild)  
1 T soy sauce  
2 medium tomatoes, chopped  
1/2 t sugar  
2 T Mrs Ball's chutney  
2 T sweet chilli sauce  
2 bay leaves  
2 medium potatoes, boiled with the skin  
3/4 cup water, plus extra if needed

## METHOD

Steam the cabbage and carrots together for 5-8 minutes in a saucepan with a few teaspoons of water, covered.

Steam the broccoli and cauliflower together with the bicarb, a little salt and a few tablespoons of water in a saucepan, covered (the bicarb helps to retain the colour).

Set all the vegetables aside, they should be crisp.

In a medium-sized saucepan, add the oil and heat on medium. Add the onion and peppers and cook until soft but not mushy. Add the spice powders and stir. Cook for a few seconds and add a little water.

Add the soy sauce, tomatoes and sugar. Stir the mixture and

simmer on a low heat for 5-6 minutes until cooked.

Add the chutney and the sweet chilli sauce, stir and add approximately 100ml of the water. Add the bay leaves and cook for a few minutes.

Remove the skin from the boiled potatoes and cut into large cubes.

Add the potatoes to the curry and stir gently.

Add the carrots, cabbage, broccoli and cauliflower and mix through the sauce.

Adjust the seasoning and add the remaining water. Heat through and serve.

Curry, by Ishay Govender-Ypma, is published by Human & Rousseau and retails for R395. usseau and retails for R395