

# Recipe: traditional 'kerrie en rys'

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Try this recipe for a traditional "kerrie en rys" taken from a new cookery book, *Curry* by Ishay Govender-Ypma.

The freelance food and culture journalist explores South Africa to find stories and recipes from all corners and cultures.

This particular recipe is an old favourite, the classic mince curry served at Afrikaner kerkbasaars (fetes) with white rice in small containers.

It contains a hint of sweetness with the addition of apricot jam and is usually mild, depending on the masala you use, writes Govender-Ypma in her book.

It serves four to six and is usually served with white rice, Mrs Ball's chutney and desiccated coconut.

## Curry and Rice



# Ingredients

20ml (2 T) oil  
1/2 large onion, sliced  
15ml (1 T) roasted masala mild (eg Pakco Masala)  
5ml (1t) turmeric  
60ml (1/4 cup) canned chopped tomatoes  
salt and pepper  
2.5ml (1/2 t) dried mixed herbs  
500g lean beef mince  
500ml (2 cups) water, plus extra if needed  
15ml (1 T) white spirit vinegar  
10ml (2t) apricot jam  
250g diced or sliced carrots, fresh or frozen  
1 large potato, peeled and diced (optional)  
15ml (1 T) brown onion soup powder  
15ml (1 T) mushroom soup powder

## Method

Heat the oil in a medium sized saucepan on medium heat and add the onion. Cook until brown, stirring.

Add the masala and turmeric, stir and lower the heat (in this recipe, masala or commercial curry powder may be used).

Add the tomatoes, salt, pepper, mixed herbs and mince, and stir with a fork to break it up while cooking for 10-15 minutes.

Add the water, vinegar, jam, carrots and potato (if using) and mix well. Cook with the lid on until the carrots and potato are soft.

Add the soup powders to thicken the gravy a little or add more water if it is too thick.

\* Curry is published by Human and Rousseau and retails for R395