

DURBAN CURRY BUNNY CHOW

SERVES 4

COOK TIME: 1 HR 20 MIN

INGREDIENTS

FOR THE MASALA SPICE MIX

- ¼ cup chilli powder
- 1 tsp cayenne pepper
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp ground ginger
- ½ tsp ground cardamom
- ½ tsp ground cinnamon
- ½ tsp fenugreek (optional)
- Pinch of ground cloves

- 1kg mutton, on the bone
- Salt and milled pepper
- ¼ cup canola oil
- 2-3 sprigs curry leaves
- 1 bay leaf
- 1 cinnamon stick
- 1 star anise
- 3 onions, chopped
- 1 Tbsp garlic and ginger paste
- 2 Tbsp medium curry powder
- 1 tsp ground turmeric
- 3 salad tomatoes, grated
- 5 potatoes, peeled & cut into chunks
- 2 cups water
- Handful fresh coriander, chopped
- 2 whole loaves of bread, halved and hollowed out

METHOD

Combine spice mix ingredients in a bowl. Season meat and toss with 2 Tbsp of the masala spice mix. Set aside.

Add oil to a large pot and fry curry leaves, bay leaf, cinnamon stick and star anise for 2-3 minutes over medium heat.

Add onions and sauté for about 3-5 minutes or until lightly golden.

Stir through garlic and ginger paste, curry powder and turmeric and fry for 1 minute. Add another glug of oil, stir in meat and brown for about 6-8 minutes.

Tip in tomatoes and use a wooden spoon to scrape all the bits stuck to the bottom of the pot (the acidity of the tomatoes will help loosen this).

Add potatoes and cook for 5 minutes.

Pour in water, add coriander, cover with a lid and simmer gently for about 45-60 minutes until meat is tender and sauce has thickened.

Adjust seasoning and ladle curry into bread halves, making sure to serve with enough of the rich sauce.

Serve topped with chopped fresh coriander.



