

SPICY LAMB 'BUNNY CHOW' WITH MEALIE BREAD, RELISH AND SOUR CREAM

This curry variation includes loads of tomatoes, onions and spices which creates a tantalising richness.

Spicy lamb neck curry

Makes 2.9 kg (with bones) or 1.8 kg (without bones)

Ingredients

120 g butter
200 ml sunflower oil
3 large onions, sliced
55 g ginger, grated
4 large cloves garlic, chopped
60 g Durban masala (or hot curry powder)
2 tablespoons mustard seeds
2 tablespoons cumin seeds
2 tablespoons turmeric powder
2 tablespoons coriander seeds
2 tablespoons fennel seeds
2 tablespoons cinnamon seeds
2 tablespoons ginger powder
185 g tomato paste
1 kg tomatoes, chopped
4 kg lamb neck pieces
4 litres lamb stock
2 large onions, chopped
salt and pepper

Method

Heat a heavy-based pot and add butter and oil. Add onions, ginger and garlic and cook the onions until caramelised. Add all the spices and cook until they are aromatic. Add tomato paste and fresh tomatoes and sear until the raw flavour in the tomato paste is cooked.

Add meat and two litres of the lamb stock.

Cook for about eight hours, topping up with the rest of the stock and stirring occasionally. Season to taste.

Serve at this point or if making the bunny chow allow meat to cool, remove from the bones, shred the meat finely, and set aside to heat later.

Mealie bread bunny chow

Makes 1 loaf or 10 mini portions

Ingredients

1 can cream-style sweetcorn
3 eggs, lightly whisked
3 tablespoons melted butter
60 g white sugar
140 g cake flour, sifted
pinch of salt and pepper
3 teaspoons baking powder

Method

Mix the sweetcorn, eggs and butter in a bowl. Add the dry ingredients and season to taste.

For mini breads, put a greaseproof paper base into a small tomato paste can. Grease well and half-fill with mealie-bread mixture. Bake at 180 °C for about 10 minutes.

Otherwise, put all of the mixture into a well greased standard bread tin and bake for about 40 minutes.

Plating

Place warmed mealie cake in the middle of the plate. Top with heated shredded lamb. Serve with tomato and onion relish (page 53) and garnish with fresh coriander, sour cream and a grind of black pepper.

