



Recipe of the Month- July 2007

Cape Curry

Serves 6

Always prepare a curry the day before, as the spices need time to blend and mature. The meat or chicken is cooked first, then deboned and portioned. The curry sauce is prepared separately, using the stock from the meat to avoid a long cooking period, during which curry spices lose much of their flavour. The meat or chicken is added to the curry sauce, brought to the boil and left to mature overnight. The following day it is gently reheated before serving.

Ingredients:

MEAT:

1kg	Meat (beef, mutton or chicken – the tough cuts are best)
1	Onion chopped
1	Bay leaf
6	Peppercorns, coarsely ground
500ml	Stock or water

CURRY SAUCE:

4	Medium onions, chopped	60ml	Oil
4	Garlic cloves, chopped	15ml	Medium curry powder (homemade masala)
15ml	Meat masala	5ml	Ground coriander
15ml	Chopped fresh or 5ml ground ginger	15ml	Fresh chopped or 5ml dried mixed herbs
2,5ml	Red chilli, dried or 1ml cayenne pepper	15ml	Turmeric
5ml	Cinnamon	6	Cardamom seeds, grind up in pestle and mortar
1	Bay leaf	5ml	Sugar
5	Ripe tomatoes, concasse (or 1x400g tin whole tomatoes)	1	Large brinjal or 250ml grated carrot
1	Green pepper, diced		Juice of ½ a lemon or 45ml wine vinegar
500ml	Stock chicken or beef		

Method:

Meat:

1. Simmer the chicken, meat or fish, with onion, bay leaf and peppercorns in the water or stock until done.
2. Simmer the chicken, meat or fish, with onion, bay leaf and peppercorns in the water or stock until done.
3. Remove all skin (in the case of chicken), bone and gristle. Cut or break the meat into

finger sized strips or cubes. Reserve the stock.

CURRY SAUCE:

1. Sauté the onions in the oil. When limp and golden brown, add all the spices from garlic to sugar. Stir fry lightly to develop flavour. Add the vegetables, lemon juice and reserved stock.
2. Simmer gently for about 15 minutes.
3. Add chicken, meat or fish and bring to the boil. Mature overnight (not in a metal container) Reheat just before serving. Sprinkle with chopped fresh coriander leaves if available. Serve with rice and sambals.



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