

# CURRIED PANCAKES

# MINCE

# STUFFED



*By Food lovers recipes*

## CURRIED MINCE STUFFED PANCAKES

I made these for supper night before last.

- 3 large onions
- 1 tbs crushed garlic
- 2 tbs tomato paste
- 1 kg beef mince
- 1 tbs mother in laws curry powder
- 1 tbs oriental curry powder
- 1 tsp mild rajah powder
- 3 bay leaves
- 1 tsp turmeric
- 3 chicken stock cubes
- ½ tin Koo baked beans
- 1 cup mixed vegetables
- 4 large potatoes
- 125 ml cooking oil
- 1 tbs apricot jam
- mixed herbs

Heat a ½ cup cooking oil, fry onions til brown, add curry powders, garlic, mixed herbs, let simmer on low heat for 10 min. Add beef mince, tomato paste and 2 cups hot water, add

chicken stock cubes, apricot jam, turmeric powder, cook for approximately 20 min. Add diced potatoes, mixed veg, bay leaves and baked beans, cook until veg is soft and gravy thickens, add more water if required.

### Pancakes

1  $\frac{1}{2}$  cups flour

1 egg

3 tbs melted butter

2 cups milk

1 tsp salt

1 tsp sugar

Mix dry ingredients together, form a well in the middle then mix in wet ingredients til smooth, lightly greese a shallow pan and add spoons of the mixture thinly to the pan on low heat, when it bubbles, flip and cook the other side.

Recipe and photo: Samantha Lottering