

CAPE MALAY LAMB CURRY



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Gisteraand het my man vir ons kerrie gemaak soos hy daarvan hou. Hy het die resepte iewers op facebook gevind, ek dink dis een van Fatima Sydow se resepte. Ons het nie van die coriander blare gehou nie en hy kon van die masalas nie kry nie, so dis eeffe aangepas. Ek het net na die foto geneem is, my piesangstukkies bygevoeg.

- 1 kg lamb pieces
- 3 onions, peeled and finely chopped
- 3 tbsp oil
- 4 cardamom pods
- 3 cinnamon sticks
- 3 tbsp finely chopped garlic
- 1 tbsp finely grated ginger
- 1 tsp turmeric
- 3 tbsp traditional Masala
- 1 tablespoon Breyani Masala
- salt to taste
- 6 potatoes, peeled and cubed
- fresh coriander, optional

Medium heat, add the onions, salt, cardamom, and cinnamon sticks and fry until golden brown.

Add the meat and garlic and ginger and braise for 5-10 minutes. Add 1 cup of hot water, cook for 30-40 minutes on medium heat, stirring occasionally. Next add all the spices, braise and stir for 10 minutes. Adding only a tbsp of water at

a time. Add the potatoes and 1 to 2 cups of water and cook until potatoes are soft, stirring when required, garnish with fresh coriander. Serve with roti or white rice.

Recipe posted by Stien Rust

Photo: Stien Rust