



COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



THE SPICE OF LIFE

MOM'S LAMB CURRY

Recipe credit Latifa Bawa

Ingredients

1-2kg lamb pieces
1 onion (finely chopped)
3 T oil
1 heaped T garlic and ginger
3 t koljana (fine coriander)
2 t barishap (fine fennel)
1 heaped t jeera (fine cumin)
3 t koljana (fine coriander)
1 t turmeric
1 t chilli powder
3 grated tomatoes
2 T plain yoghurt
1 litre water
4 potatoes, peeled and sliced in quarters
Salt to taste

Method

On a stove top, on a medium heat, braise the onion in oil until it's golden brown.

Add the lamb, garlic and ginger and braise until the meat is slightly brown.

Add the spices and 2 tablespoons water and braise for one minute, until the meat is coated and the flavours infuse.

Add the tomato, yoghurt and water and mix until well combined.

Reduce the heat to med-low and simmer for 45 minutes.

After 45 minutes add in the potato and simmer for 20 minutes.

*note if needed, add extra little bits of water at a time, while cooking so the curry does not dry out.

Garnish with freshly chopped coriander and green chillies.



MOM IN LAWS CHICKEN CURRY

Recipe credit Aolia Kumandan

Ingredients

1 large chicken, cut into pieces
1 onion (finely chopped)
3 T oil
1 heaped T garlic and ginger
3 grated tomatoes
1 heaped t jeera (fine cumin)
2 1/2 heaped t barishap (fine fennel)
1 t koljana (fine coriander)
1 t turmeric
1 t chilli powder
2 cups water
Salt to taste

Method

On a stove top, on a medium heat, braise the onion in oil until its golden brown.

Add the chicken, garlic and ginger and braise until the chicken is slightly brown.

Add the spices and 2 tablespoons water and braise for ONE minute, until the chicken is coated and the flavours infuse.

Add the tomato and water and mix until well combined.

Reduce the heat to med-low and simmer for 35 minutes.

*note if needed, add extra little bits of water at a time, while cooking so the curry does not dry out.

Garnish with freshly chopped coriander and green chillies.

Favourite family curry recipes, made with love

BY FARZANA KUMANDAN

GROWING up in an Indian home ignited my love for all types of curries.

Served with rice, roti or a *snyrtje brood*, these curries were made with tips and secrets passed down for generations.

Family is everything and when we get together, we enjoy a *lekker pot kerrie*, with Mommy or Grandma's hand always adding in that extra love. The smell warms up the kitchen and the taste warms up the heart.

A curry is made using a combination of spices or herbs, cooked in a thick tomato, yoghurt or coconut gravy, with a hint of chilli, which all add to the rich aromatic flavour burst.

The trick to making the perfect curry is to take your time while cooking. Patience is key. *Moenie rush nie*.

From marinating your meat to slow-cooking

your curry on a medium to low heat can make all the difference. *Maak dit met liefde!*

My tip to take your curry from a good curry to a great one is to sprinkle a teaspoon of garam masala over your curry, just before you give it your last 5 minute simmer... it adds an intense flavour and makes your curry soooo lekker!

Garam masala is made up of whole spices like cloves, cardamom and cinnamon, that's freshly ground and roasted.

Spices

Use this instead of whole spices, it adds flavour without having the *stokkies* and bits in your curry. After all, we all know once you bite on a *naaltjie* or *karamonk*, *dan is jy klaar geëet ...*

Today I am honouring my loved ones and sharing some of our favourite family recipes with you.

These women contributed so much to who I am and my kitchen



DELICIOUS: Mom-in-law's chicken curry

journey. All of their recipes are filled with love and remind me of home.

When you recreate these curries, don't be afraid to experiment and try while cooking,

The best dishes were created by chance, so try new flavours and add new ingredients, by making your curries go further... *Gooi 'n bietjie van alles in...* add pulses, beans, tinned

fish, eggs, veg, nuts or even dried fruit, you will be surprised at the amazing outcome.

Eet lekker mense and stay safe...



TIN FISH CURRY

Recipe credit Khadija & Sharifa Ameer

Ingredients

1 large tinned fish
2 T oil
1 onion (finely chopped)
1/2 green Pepper (diced)
3 grated tomatoes
1 level T jeera (fine cumin)
1 t barishap (fine fennel)
1 heaped T koljana (fine coriander)
1/2 t turmeric
1 t chilli powder
1 cups water
Salt to taste

Method

On a stove top, on a medium heat, braise the onion in oil

until its golden brown.

Add the garlic, green pepper, tomato, water and spices and simmer on a low heat until the water has cooked dry and the tomato is thick and pulpy.

Add in the tinned fish and stir gently.

Reduce the heat to low and simmer for 5 minutes.

Garnish with freshly chopped coriander and green chillies.

*note if you using tinned fish in tomato or curry sauce, use the sauce for extra flavour

BEANS CURRY

Recipe credit Ayesha Bawa

Ingredients

1 onion (finely chopped)
2 T oil
1 heaped t garlic
2 grated or chopped tomatoes
1 heaped t koljana (fine coriander)
1 t jeera (fine cumin)
3/4 t barishap (fine fennel)
1/2 t turmeric
1 t chilli powder
1 1/2 cup water
1 tin beans (drained and rinsed)
Salt to taste

Method

On a stove top, on a medium heat, braise



the onion in oil until its golden brown.

Add the garlic, tomato, water and spices and simmer on a low heat until the water has cooked dry and the tomato is thick and pulpy.

Add the beans, 1/2 cup water and simmer for four minutes.

Garnish with freshly chopped coriander and green chillies.

MINCE CURRY

Recipe credit Shabnum Kumandan Parker

Ingredients

500g beef mince
1 onion (finely chopped)
2 T oil
1 t garlic and ginger
4 potatoes, peeled and cut in small cubes
2 t jeera (fine cumin)
1 t barishap (fine fennel)
1/2 t turmeric
1 t chilli powder
2 grated tomatoes
1/2 cup frozen peas
2 cups water
Salt to taste

Method

On a stove top, on a medium heat, braise the onion in oil until

its golden brown.

Add the mince, potato, garlic and ginger and braise until the mince is slightly brown.

Add the spices and two tablespoons water and braise for 1 minute, until the mince is coated and the flavours infuse.

Add the tomato, peas and water and mix until well combined.

Reduce the heat to med-low and simmer for 30 minutes.

*note if needed, add extra little bits of water at a time, while cooking so the curry does not dry out.

Garnish with freshly chopped coriander and green chillies.