

Taste of Africa

- a safari full of flavour -

Kalahari mince curry with Yellow aromatic rice

This is a very tasty and easy potjie to start with.

It was invented at a camp fire in Mata Mata in the Kalagadi-Gemsbok National Park. The park belongs to three countries - Namibia, Botswana and South Africa.

Kalahari Mince Curry

For 4-6 people you will need:

- 2 tbsp olive oil
- 1 chopped onion
- 2 cloves of garlic, crushed
- 1 tsp (5 ml) freshly ground ginger
- 1 ½ tsp (7.5 ml) turmeric
- 1 tsp (5 ml) ground coriander
- 1 tsp (5 ml) ground cumin
- 1 tsp (5 ml) garam masala
- A pinch of chilli pepper, or
- a few drops of Hot Az Hell chilli sauce
- 1 bay leaf
- 1 stick cinnamon
- ca 500 g minced meat
- 1,5 dl (150 ml) M^{rs} Ball's chutney
- 1 large, chopped tomato
- 3 potatoes, in cubes
- 150 g dried fruits
- Salt
- Black pepper
- 1,5 dl (150 ml warm beef stock) g

Yellow Aromatic rice

This rice goes beautifully with the curry.
Cous cous is another very tasty alternative!

For 6 people you will need:

- 5 dl (500 ml) long grained rice
- ½ onion, chopped (optional)
- 3 tbsp (15 ml) olive oil
- 1 tsp (5 ml) whole or ground cumin
- 7 black pepper corns
- 3 bay leaves
- 1 tsp (5 ml) turmeric
- ½ dl (50 ml) raisins
- 7-8 dl (7-800 ml) water
- 1 tsk salt

Make the Curry like this:

Heat olive oil in the potjie, and fry onions, garlic, and ginger until golden brown and aromatic. Add the masala, turmeric, coriander, cumin, garam masala, chilli powder, bay leaf, and cinnamon. Let it sizzle for one minute. Be careful not to let it burn! Add the mince, a little at a time, and fry until it just starts to brown. Add the chutney, tomato, potatoes, and the dried fruit. If you like, the fruit could be chopped a little before. Season with salt and black pepper. Add the hot beef stock. Remember that the liquid must be pre-heated before being added to a hot potjie! Let it simmer gently with the lid on, for 20-30 minutes or until the potatoes and the fruits are soft.

Now it is time to cook the rice!

Do the Yellow Aromatic Rice like this:

Heat the oil in the potjie and braise the onions until golden (if you want onions). Add spices and the rice (cumin, black pepper, bay leaves, and turmeric). Let it stir-fry for a minute. Add raisins, water (pre-heated) and salt. Let it cook gently with the lid on for 20 minutes. Place the potjie so that the coals heat it evenly. Rotate it after half the time, and add water if necessary.

Do not worry if your two dishes are a bit "uncoordinated" time-wise. The potjie will keep the heat for a long time, even if it stands away from the fire.

Enjoy with M^{rs} Ball's chutney, ground coconut, sliced bananas and sambal (finely chopped raw red onions and tomatoes, spirit vinegar and sugar to taste). The sambal can also have shreds of fresh basil over.