

Vetkoek and Minced Curry

Ingredients for the minced curry:

- 1 pound ground meat/ mince
- 2 tablespoons canola oil
- 1 whole onion, diced
- 1 teaspoon ground ginger
- 1 ½ teaspoon minced garlic
- 2 teaspoon curry powder
- 3 tomatoes, diced
- ½ teaspoon paprika
- 2 cups potatoes, diced
- 1 cup peas and carrots
- ½ teaspoon white pepper
- ½ teaspoon hot sauce or cayenne pepper
- 2-3 tablespoons parsley or cilantro

Ingredients for the fatcake:

- 5 ½ cups cake flour plus more
- 2 teaspoons of Salt
- 2-3 tablespoons sugar
- 1 packet yeast (2 ¼ teaspoon)
- 2 cups lukewarm water

For Fatcake:

- Mix together the warm water, sugar, and yeast—set aside 5 minutes.
- Add salt and flour together, then add to frothy yeast.
- Mix the wet into the dry, scraping the bowl as needed. Mix until it comes together in a dough (it will be wetter than bread dough).
- Cover the dough and allow it to rest in a warm place until doubled (an hour or so).
- Make the curry filling before you fry the bread.
- Turn the dough onto a pastry mat generously floured. Knead the dough for 6-8 minutes, adding more flour as needed, until the dough has come into a firm dough.
- Portion your dough into desired shapes/sizes depending on the size of your belly (this makes 6 large or 10 smallish). You can roll out the dough and then cut with a biscuit cutter.
- If using a deep fryer: Add fry oil to your fryer and preheat to 350.
- If using a saucepan, you need about 3 inches of preheated oil.
- Add the dough to the heated oil for 3-5 minutes, flipping when needed, and removed when dark golden brown. Remove fatcake to drain on a paper towel.

For Minced Curry:

- In a large skillet, add the oil, onions, potatoes, and ground meat. Saute 3-5 minutes until the onions take on some color and the meat started to brown.
- If you are using raw veggies, add them in now. If you are using canned, wait to add them until the end.
- Add in garlic and all the spices and saute for another 2-3 minutes stirring constantly to prevent burning.

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- Add diced tomatoes and cook stirring frequently until the potatoes are tender, about 15-20 minutes.
- Fry your cakes now if you haven't already.
- Once the potatoes are soft, add in your cooked veggies and stir for another minute or two or until they are hot.
- Add in your parsley or cilantro and mix well. Taste and adjust your salt and pepper or cayenne as needed.