

THE DURB'S BUNNY CHOW

EPISODE 5 / *Lentswe*

METHOD

STEP 1 – THE CURRY

- Fry the onions in the oil until translucent.
- Add the PnP crushed garlic and ginger.
- Add all the spices and cook until fragrant.
- Add the tomatoes.
- Add the meat and mix well.
- Add the cubed potatoes and add a little water if dry.
- Simmer for 2 hours until the meat is tender.

STEP 2 – THE BREAD

- Cut into three or four chunks.
- Hollow out the bread sections leaving a wall on the bottom and the sides.
- Keep the top aside as the roof to your bunny chow
- Ladle the curry into the hollow and then put back the top.
- Garnish with coriander and eat with your hands!

INGREDIENTS

1 loaf bread, white, unsliced, flat topped

government loaf

50ml vegetable oil

1 onion, sliced or chopped

2 tsp PnP crushed garlic paste

2 tsp PnP crushed ginger paste

WHOLE SPICES

2 curry leaves

1 star anise

1 cinnamon stick

3 whole cardomom pods

½ tsp fennel seeds

½ tsp cumin seeds

3 tbs garam masala

1 tbs ground coriander

2 tsp tumeric

1 tin PnP chopped tomatoes

1 kg lamb or mutton – cubes

2 potatoes – cubed

TO SERVE

Coriander