

Bunny Chow / Lamb Curry

Bunny Chow

A rather novel way to present food, especially in the outdoors and when camping or hiking. I came across my first Bunny Chow in KwaZulu Natal province where the Asians used this method when you bought their curry dishes as a takeaway. Take 1/3rd loaf of bread and hollow it out. Then put whatever dish you have prepared in the hollowed out portion and garnish with some of the inside you have removed. Use the rest of the inside to mop up the gravy. Use your own imagination for the filling, you'll be surprised what you can put in a hollowed out loaf of bread!

Lamb Curry

Ingredients:

- 25 ml sunflower oil
- 2 large onions, finely chopped
- 1 bay leaf
- 2 ml ground cinnamon
- 5 ml ground coriander
- 2 ml ground cumin
- 2 cloves garlic, crushed
- 20 ml curry powder
- 25 ml cake flour
- 5 ml turmeric
- 1.5 kg lamb rib, trimmed of excess fat and cubed
- 500 g medium tomatoes, skinned and chopped
- 6 to 8 dried peaches or apricots, finely chopped
- 30 ml fruit chutney
- 250 ml meat stock
- 5 ml white vinegar
- 10 ml salt milled black pepper

Method:

Heat the oil in a large saucepan and sauté the onions for about 5 minutes, or until transparent. Add the bay leaf, cinnamon, coriander, cumin, garlic, curry powder, flour and turmeric and simmer for a few minutes, stirring constantly. Add the meat and brown lightly, adding a little more oil if necessary. Add the remaining ingredients and mix well. Simmer over moderate heat for 1 hour. Serve immediately with boiled rice and bowls of sliced banana, desiccated coconut, diced pineapple and chutney. You can use mutton instead of lamb. Thx to <http://www.funkymunky.co.za>