



Cape Malay chicken curry with yellow rice

PREP: 30 MINS
COOK: 1 HR, 20 MINS

EASY

SERVES 6

Nutrition: per serving

kcal	fat	saturates	carbs	sugars	fibre	protein	sa
605	19g	7g	74g	13g	3g	32g	1g

Ingredients

For the curry

2 tbsp sunflower or rapeseed oil

1 large onion, finely chopped

4 large garlic cloves, finely grated

2 tbsp finely grated ginger

5 cloves

2 tsp turmeric

1 tsp ground white pepper

1 tsp coriander

1 tsp cumin

seeds from 8 cardamom pods, lightly crushed

1 cinnamon stick, snapped in half

1 large red chilli, halved, deseeded and sliced

400g can chopped tomatoes

2 tbsp mango chutney

1 chicken stock cube, crumbled

Method

1. Heat the oil in a large, wide pan. Add the onion and fry for 5 mins until softened, stirring every now and then. Stir in the garlic, ginger and cloves, and cook for 5 mins more, stirring frequently to stop it sticking. Add all the remaining spices and the fresh chilli, stir briefly, then tip in the tomatoes with 2 cans of water, plus the chutney and crumbled stock cube.

2. Add the chicken thighs, pushing them under the liquid, then cover the pan and leave to cook for 35 mins. Stir well, add the potatoes and cook uncovered for 15-20 mins more until they are tender. Stir in the coriander.

3. About 10 mins before you want to serve, make the rice. Put the butter, rice, raisins, sugar and spices in a large pan with 550ml water and 0.5 tsp salt. Bring to the boil and, when the butter has melted, stir, cover and cook for 10 mins. Turn off the heat and leave undisturbed for 5 mins. Fluff up and serve with the curry.

12 bone-in chicken thighs, skin removed

500g potato, cut into chunks

small pack coriander, chopped

Recipe from Good Food magazine, January 2015

For the yellow rice

50g butter

350g basmati rice

50g raisins

1 tsp golden caster sugar

1 tsp ground turmeric

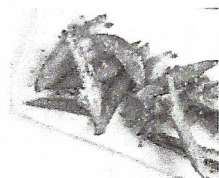
¼ tsp ground white pepper

1 cinnamon stick, snapped in half

8 cardamom pods, lightly crushed



Goes well with...



Dukkah-crusted squash wedges

(2 ratings)



Moroccan spiced carrots

(4 ratings)

Related content



MALVA PUDDING, SOUTH AFRICAN BAKED DESSERT

Recipe by Zurie

CHEF'S NOTE

"This is more delicious than the sum of its parts! It's a real traditional oldie. RETESTED ON 22 Oct 07: After reading the reviews, I have just made this again. I cut down a little on the sugar in the sauce (it was 5 oz originally), but it should actually be a sweet pudding!! The sauce was quite enough to moisten the entire pudding -- it should not be dripping with sauce, as you can see in the photographs. Do not serve immediately, but let it stand, keeping warm, to give the sauce a chance to soak in properly. Real cold-weather comfort food. It's rich, so a little goes a long way, and this pudding yields up to 6 servings. This winter you must try this!"



READY IN: 1hr 10mins

SERVES: 4-6

UNITS: US

INGREDIENTS

THE PUDDING

6 ½	ounces sugar (¾ cup, 200 ml, or 180 g)
2	large eggs
1	tablespoon apricot jam
5	ounces all-purpose flour (150 g)
1	teaspoon baking soda
½	teaspoon salt
1	tablespoon butter (a generous tablespoon)
1	teaspoon vinegar
⅓	cup milk

FOR THE SAUCE

$\frac{3}{4}$	cup fresh cream (200 ml)
3 $\frac{1}{2}$	ounces butter (100 g)
3 -5	ounces sugar (90 - 150 g)
$\frac{1}{3}$	cup hot water (90 ml)
2	teaspoons vanilla essence

DIRECTIONS

Preheat oven to 350 deg F/180 deg Celsius. (NOTE: I find my convection/fan oven very hot. I baked the pudding at 170 deg C and had to turn it down to 160 deg C/325 deg F for fear the pudding might burn. You know your oven -- Adjust accordingly).

Grease an oven dish. I used a 7 x 7 x 1 1/2 inch Pyrex dish. (18 x 18 x 4 1/2 cm)

Beat or whip the sugar and eggs. It's quickest in a food processor, or use electric beaters. Beat until thick and lemon coloured, then add the jelly (jam) and mix through.

Melt the butter (don't boil) and add the butter and vinegar to the wet mixture.

Sieve, or simply mix together: the flour, soda and salt.

Add this mixture with the milk to the egg mixture in the processor or mixing bowl. Beat well.

Pour into an oven-proof dish and bake until pudding is brown and well-risen -- depending on your oven and oven dish this will be between 30 - 45 minutes.

(Mine was done in 30 minutes this time).

In a pot, melt together the ingredients for the sauce, and stir well.

Pour it over the pudding as soon as it comes out of the oven.

Leave to stand awhile before serving. Serve warm. Because it's rich it does not really need enhancement, but if you want, serve with vanilla ice cream.

MORE RECIPE DETAIL 