

Durban Curry Instruction

Traditionally it is made with beef, lamb, chicken or goat meat.

You will need: 1" (2.5 cm, ½ Oz or 12.5 gm) fresh ginger, 1 medium onion (8Oz, 225g), 6-8 clove of garlic, 2-3 table spoon (1-1 ½ oz, or 30-45 ml) vegetable, canola, or light olive oil, one 12 Oz can of diced tomato (1 ½ cup or 330g) and 2-2.5 meat of your choice (1Kg).

- Cut approximately 2-2.5 lbs (1 Kg) meat, fish or seafood pieces in approximately 1"(2.5 Cm) and keep it in a mixing bowl. If it is fowl, chicken, or any other bird remove skin before cutting it.
- Chop one medium onion (1 Cup, 8Oz, 225g).
- Mince 3-4 cloves of peeled garlic.
- Fine chop or grate 1" (2.5 cm, ½ Oz or 12.5 gm) of peeled fresh ginger.
 - ALTERNATE: combine onion, garlic, ginger and puree it.
- Heat 2-3 table spoon oil (1-1 ½ oz, or 30-45 ml) in a pan on medium hot stove to medium hot temperature (carefully look and you will see moving lines or striation on surface of oil)
- Add whole spices to hot oil in pan, stir and wait till you get nice aroma of spices (10-25 seconds depending on heat, be careful not to char spices). Add onion, ginger and garlic to spices and oil in the pan. Scrape pan with wooden or metal spatula, move simmering mix not allowing it to burn at bottom.
- While onion garlic ginger and spice mix cooks in pan, coat meat in the bowl with fine spices by mixing it with hand or spatula.
- Wait till you can see reappearance of oil in the pan with onion, garlic, ginger and spices. If you using chopped onions then wait onion gets little translucent.
- Add coated meat and ¼ spoon salt (1. 2 gm) in the pan and mix it well, cover with a lid and let it cook for 3-5 mins.
- Stir the contents in pot with a spatula and add 1 can (12 Oz, 1 ½ cup or 330g) of diced tomato. Stir contents to mix it well. Cover the pot with lid and let it simmer on low heat. Stir the contents occasionally.
- Taste test by dipping a spoon and tasting the sauce before meat is completely cooked but after sufficient cooking (time will depend on the type of meat, important not to taste test before sufficient cooking).
- Simmer till meat is tender. Remove Cinnamon and star anise. Garnish with fresh Mint or Cilantro leaves and serve to enjoy with white bread, pita bread or cooked rice. Next time try it over pasta !