

Sweet Potato Curry

Ingredients

- 2 large sweet potatoes
- Salt
- 2 tbs olive oil
- 2 dried red chillies
- ½ small onion
- 2-3 cloves garlic
- 1 tsp black mustard seeds
- 4-5 curry leaves
- 1/3 can chopped tomatoes
- 1 tbs sugar

Method

1. Dice the sweet potatoes into small chunks (approx. 2.5cm by 2.5cm).
2. Slice the onions finely and slice the garlic in half lengthways.
3. Add the oil, onion, dried red chillies and garlic to a pan and braise.
4. When braised add the mustard seeds, curry leaves, tomatoes and cook on medium heat until thick.
5. When thick, add sweet potato chunks and salt and let it cook.
6. If the curry starts to dry then add a small amount of water.
7. When the sweet potato chunks are almost cooked, add 1tbs sugar and let it simmer until cooked through.



Dhal

Ingredients

- ½ - ¾ cup pea dhal
- Salt
- ¼ tsp turmeric
- 2 drops olive oil
- Approx. 2l Water
- ½ - 1 tsp chili powder
- 1 tomato
- 2 baby marrow
- 1-2oz butter
- ½ small onion
- 2 cloves garlic
- 1 tsp black mustard seeds
- 4-5 curry leaves
- ¼ tsp cumin
- 1 tsp tamarind

Method

1. Dice the tomato finely and slice the baby marrow into long pieces (approx. 8cm by 3cm).
2. Wash the pea dhal thoroughly and add to a pot of water with the olive oil.
3. Bring the pea dhal to a boil.
4. Add salt and ¼ tsp turmeric when the water starts boiling.
5. When almost cooked, add chili powder, tomato, the remaining ¼ tsp turmeric, two baby marrow sliced into long pieces
6. If necessary, top up the water and boil pea dhal until it is soft.
7. Slice the onion finely and slice the garlic in half, lengthways.
8. In a separate pot, braise the butter with the onion and garlic
9. When the butter starts to heat up add the mustard seeds and curry leaves.
10. When the mustard seeds start spluttering, add the cumin and stir.
11. When the courgettes in the dhal are almost cooked, add butter and spice mixture to the dhal and add the tamarind.
12. Bring to boil then turn off.

A Trio of South Indian Curries with Rice

I was very lucky growing up to be brought up in a home where I never went hungry and even more so, one where my mum cooked meals for us on a daily basis. While I was born in South Africa, my ancestors originally came from India and were brought across to South Africa as indentured labourers.

The majority of the meals I grew up eating were South Indian. Often times a minimum of three curries were served per a meal, with complimentary flavours. The three recipes included here are a common and delicious combination that I hope you enjoy trying!

Braised Spinach

Ingredients

- 4-5 cups Spinach
- Salt
- 2 tbs olive oil
- 2-3 dried red chillies
- ½ onion
- 4-5 cloves garlic

Method

1. Slice the onions finely and slice the garlic in half lengthways.
2. Add the oil, onion, dried red chillies and garlic to a pan and braise.
3. When braised add the spinach and cook on medium heat until soft.
4. Add salt to taste.

Recipe Shared by Yeshentha Naidoo (EDI Advisor at North East Ambulance Service)

**All recipes have been shared courtesy of my mum and my gran
Kanagesh Naidoo and Pashnie Naidoo**

Pepper Prawns

MARINATE

- 800g PRAWNS
- LEMON AND VINEGAR TO WASH THE PRAWNS WITH
- 1 tbsp OLIVE OIL
- 1tbsp HOMEMADE GREEN SEASONING (OPTIONAL)
- 1tsp ALL PURPOSE SEASONING
- 1tsp FISH SEASONING
- 1/2tsp BLACK PEPPER
- 1tsp GARLIC POWDER
- 1tsp CHILLI POWDER
- 1tsp DRIED THYME
- 1 SCOTCH BONETT
- 1/2 ONION
- 3 CLOVES OF GARLIC
- 1 SCOTCH BONNET
- 3 SPRIGS OF FRESH THYME
- 1tsp PARSLEY
- 1tbsp OLIVE OIL
- 2+2tbsp BUTTER
- 2tbsp FISH TEA MIX (SIEVE OUT THE NOODLES)
- 1tsp FISH SEASONING
- 2 tsp ALL PURPOSE SEASONING
- 1/2tsp RED FOOD COLOURING

Recipe shared by Carmen Peters
(London Ambulance Service)

Prep time: 10 mins

Cook time: 10 mins

Total: 20 mins



https://www.youtube.com/watch?v=rQp_GCV84-Y

Jollof Rice

Ingredients

2 cups rice, 2 cups water, 2 tbs olive oil, 2 tbs tomato paste, 2 bay leave, 3 Maggie cubes

Method

Bring water to boil and add all ingredients. Stir and cover pan with lid. Reduce until all water has been absorbed. If rice not soft, add more water until desired texture.



Coconut Curry Chicken

Ingredients

Chicken – preboiled with your preferred seasoning (I prefer on the bone as adds flavour, however, chicken breast or boneless thighs can be used). For vegetarian, add your preferred vegetables here.

Can of coconut milk, 2 tbs olive oil, 3 tbs tomato paste, 2 tbs curry powder, large onion, 2 fresh scotch bonnet peppers, can of tomatoes or 4 large tomatoes

Method

Add oil and onion and fry on low heat until soft. Add tomato paste, tomatoes and curry powder and fry for a further 2 minutes. Add the coconut milk and your preferred seasoning and reduce heat for 5 minutes. Add your preboiled chicken and peppers, reduce the heat to low and simmer until sauce is a nice thickness. Serve with jollof rice.

Turmeric Plantain

Ingredients

2 ripe plantains, tsp turmeric, salt

Method

Cut 2 plantains into 5mm thin slices, add a teaspoon of turmeric and salt to taste. Shallow fry in olive oil for 2 minutes each side. Serve as a side or enjoy as a snack.



Recipe Shared by Loveness Scott
(Positive Action Officer at North East Ambulance Service)

Curry Goat

MARINATE

- 3lbs MUTTON
- LEMON AND VINEGAR (FOR CLEANING THE MUTTON)
- 1tbsp HOMEMADE GREEN SEASONING (OPTIONAL)
- 1 1/2tbsp CURRY POWDER
- 1tbsp LAMB SEASONING
- 1tbsp ALL PURPOSE SEASONING
- 1tsp DRIED THYME
- 1/2tsp BLACK PEPPER
- 1tbsp GARLIC POWDER
- 1tbsp CHILLI POWDER
- 1tsp GARAM MASALA
- 1tsp GROUND CORIANDER
- 2tbsp PIKKA PEPPA SAUCE
- 1tsp TURMERIC
- 2tbsp VIRGIN OLIVE OIL

CURRY

- 1 ONION
- 2 CLOVES OF GARLIC
- 5 SPRIGS OF FRESH THYME
- 1 SCOTCH BONNET
- 1 SPRING ONION
- 1tbsp FRESH CORIANDER
- 3tbsp OLIVE OIL
- 1tbsp HOT CURRY POWDER
- 1tsp LAMB SEASONING
- 1tsp ALL PURPOSE SEASONING
- 1tsp CHILLI POWDER
- 1tsp GROUND CORIANDER
- 1tsp + 1tsp GARAM MASALA
- 1tbsp HOMEMADE GREEN SEASONING (OPTIONAL)
- 1tbsp TOMATO PURÉE
- 1 POTATOES
- 1 CARROTS

Recipe shared by Carmen Peters
(London Ambulance Service)

Prep time: 20 mins

Cook time: 2hrs 30 mins

Total: 2hrs 50 mins



https://www.youtube.com/watch?v=omjfq57__A

Recipe Shared by Loveness Scott
(Positive Action Officer at North
East Ambulance Service)

Chakalaka (Soweto Chilli)

Ingredients

3 tbs light olive oil or vegetable Oil
1 red or white onion, finely chopped
6 garlic cloves, crushed
1-2 green chillies, deseeded and chopped
Thumb-sized piece ginger, finely grated
2 tbs mild, medium or hot curry powder
3 peppers (mix of red, green and yellow),
finely chopped
5-6 large carrots, grated
2 tbs tomato puree
5-6 large tomatoes or 400g can chopped
tomatoes
2 tsp piri-piri spice blend (chili)
2 thyme sprigs, leaves only or 2tsp dried
thyme
400g can baked beans

Method

1. Heat the oil in a casserole dish set over medium heat. Add the onion and cook until soft and starting to caramelise.
2. Stir in the garlic, chillies and half the ginger. Cook for 1-2 mins, then add the curry powder and stir to make a curry paste. If the mixture is starting to catch, add a splash of water to stop it burning.
3. Stir in the peppers and cook for 2 mins more. Add the carrots and stir to make sure they are coated in the curry paste. Stir in the puree, tomatoes, piri-piri spice, thyme and apple chutney or sauce if using.
4. Add the baked beans, then half-fill the can with water and add that too. Bring to the boil, reduce the heat and simmer for at least 10mins until the vegetables are tender and the mixture has thickened.
5. Add the remaining ginger and season to taste. Sprinkle with coriander and serve hot or cold with rice or mealie bread, salad and grilled meats.



Recipe shared by Carmen Peters
(London Ambulance Service)

Prep time: 15 mins

Cook time: 50 mins

Total: 1hrs 5 mins

Brown Stew Chicken

- 1 1/2 CHICKEN (I USED A SMALL CHICKEN CUT UP)
- LEMON AND VINEGAR (TO WASH THE CHICKEN)
- 1tbsp OLIVE OIL
- 1tbsp HOMEMADE GREEN SEASONING
- 1 1/2tbsp ALL PURPOSE SEASONING
- 1 1/2tbsp CHICKEN SEASONING
- 1tbsp GARLIC POWDER
- 1/2tsp BLACK PEPPER
- 1tsp CHILLI POWDER
- 1tbsp PAPRIKA
- LITTLE DROP OF BROWNING
- 1tsp DRIED THYME
- 1tsp CHILLI FLAKES
- 1 CHICKEN OXO CUBE
- 2tbsp BROWN SUGAR
- 1 ONION
- 2 GARLIC
- 1 TOMATO
- 1 SPRING ONION
- 2 SPRIGS OF FRESH THYME
- 1 SWEET PEPPER (RED, GREEN AND YELLOW)
- 1/2 SCOTCH BONNET
- 1 CARROT
- 2 SMALL POTATOES OR 1 LARGE
- 5 PIMENTO SEED
- 1tbsp GREEN SEASONING
- 1tbsp ALL PURPOSE SEASONING
- 1tbsp CHICKEN SEASONING
- 1/2tsp BLACK PEPPER
- 1tsp CHILLI POWDER
- 1tsp PAPRIKA
- LITTLE DROP OF BROWNING
- 1 CHICKEN STOCK CUBE + 1 CUP OF HOT WATER
- 3-4tbsp TOMATO KETCHUP

<https://www.youtube.com/watch?v=uwc-KgdBMqI>



Cauliflower and Peas

Ingredients	Method
1 Cauliflower	1. Cut the cauliflower into florets of an even size.
Salt	2. Slice the onions finely and finely dice the tomatoes.
2 tbs olive oil	3. Add the oil, onion, turmeric, cumin and chilli powder to a pan and braise.
½ cup green peas	4. When braised add the tomatoes and cook down.
½ onion	5. Add the cauliflower florets and salt to taste.
½ -1 tsp chilli powder	6. Cook for a minimum of five minutes then add the peas and cook on medium heat until the cauliflower and peas are cooked, all moisture has evaporated and the curry is dry.
½ tsp cumin	
¼ tsp turmeric	
1-2 tomatoes	

Recipe Shared by Yeshantha Naidoo (EDI Advisor at North East Ambulance Service)

All recipes have been shared courtesy of my mum and my gran Kanagesh Naidoo and Pashnie Naidoo



Matar Paneer

Ingredients	Method
225g paneer	1. Dice the paneer into squares (approx. 2cm by 2cm).
Salt	2. Slice the onions finely.
2 sticks cinnamon	3. Add the oil, onion, turmeric, fennel seeds, chilli powder, cinnamon and garlic and ginger paste to a pan and braise.
2 tbs olive oil	4. When braised add the paneer and sauté until all the pieces are coated.
½ cup green peas	5. Add ½ to 1 can of tomatoes, depending on how saucy you want the curry to be.
½ onion	6. Cook the tomatoes down until it starts to thicken.
1 tsp garlic and ginger paste	7. Add the peas and cook on medium heat until the peas are fully cooked.
½ -1 tsp chilli powder	8. Once the curry is cooked, add the garam masala and stir throughout.
¼ tsp fennel seeds	
¼ tsp turmeric	
½ -1 tsp garam masala	
½ -1 can chopped tomatoes	

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Braised Cabbage

Ingredients	Method
1 Cabbage	1. Slice the onions finely, dice the tomatoes finely and shred the cabbage
Salt	2. Add the oil, onion and dried red chillies to a pan and braise.
2 tbs olive oil	3. When the onions are cooked add the mustard seeds.
2-3 dried red chillies	4. When the mustard seeds start spluttering, add the tomato and cook down.
½ onion	5. Finally, add the shredded cabbage and cook until the cabbage has completely wilted and add salt to taste.
1 tomato	
1 tsp black mustard seeds	

