

CAPE-STYLE LAMB CURRY POTJIE

WITH SPIER 21 GABLES PINOTAGE



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TO MAKE POSITIVE SOCIAL AND ENVIRONMENTAL CHANGE.

21 Gables

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Pinotage and potjiekos go together like campfires and tall tales. This is a mild and fragrant Cape curry made with boneless lamb cubes. If you prefer more heat, use a hot curry powder or add a teaspoon of ground chilli powder to the list of spices. If you're using meat on the bone, cook the meat for an extra hour or more until it almost falls from the bone.

INGREDIENTS

*Serves 6. Prep/cooking time:
1 hour 30 minutes - 2 hours*

45 ml vegetable oil
1 onion, finely chopped
2 cinnamon sticks
3 whole cloves
15 ml medium curry powder
10 ml garam masala
10 ml fennel seeds
5 ml ground cumin
5 ml ground turmeric
15 ml fresh ginger, finely chopped/grated
2 cloves garlic, finely chopped/grated
15 ml tomato paste
1 kg boneless lamb cubes
salt and pepper
250 ml water
1 can chopped tomatoes
1 kg baby potatoes
a handful of fresh coriander leaves, for serving

METHOD

Heat the oil in a medium-size potjie over medium-high heat (fire or gas).

Add the onion, cinnamon sticks and cloves, and fry until soft and light brown.

Add the curry powder, garam masala, fennel, cumin, turmeric and fry for 1 minute.

Add the ginger, garlic and tomato paste and fry for another minute.

Add the meat chunks and stir well to coat, seasoning the meat with salt and pepper. Now add the water and stir to loosen any sticky bits on the bottom of the pot.

Add the chopped tomatoes, stir well and bring to a simmer. Cover with a lid and bring the heat down to very low, then simmer for 30 minutes.

Add the potatoes and stir to coat in the sauce, then cook for another 30-45 minutes with a lid on until the meat is tender and the potatoes are cooked.

Keep an eye on the heat throughout - the curry will burn if the fire is too hot.

Serve hot, scattered with fresh coriander, with or without rice and vegetables, with a glass of Spier 21 Gables Pinotage.

Spier 21 Gables wines can be tasted and purchased at the farm in Stellenbosch, and are widely available in stores and online at shop.spier.co.za



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