



Bean curry bunny chow 🇿🇦

Serves 4

1 cup borlotti beans

4 cups water

marrow bones (optional – for boiling with the beans)

2 tbsp ghee (substitute oil if you have no ghee to hand)

1 clove garlic, finely chopped

1 tbsp fresh ginger, grated

3 fresh curry leaves, whole

1 tbsp garam masala

½ tsp chilli powder

1 tsp turmeric

1½ tsp salt

1 medium capsicum (red or yellow, or a mixture of both), chopped

2 medium tomatoes, chopped

1 tbsp tamarind juice

1 loaf of unsliced white bread

¼ cup of coriander, roughly chopped

Soak the beans overnight or for eight hours.

Strain, rinse and place in a pot with four cups of water.

You can add some marrow bones to flavour the water if you like.

Boil until the beans are tender (about one and a quarter hours).

Remove from the heat, strain and keep the cooking liquid.

In another heavy-bottomed pot, heat the ghee on medium heat.

Fry the onions, garlic, ginger and curry leaves until fragrant.

Add the garam masala, chilli powder, turmeric and salt and fry for another minute.

Reduce the heat.

Add the chopped capsicum and fry for three minutes or until slightly softened.

Add the tomatoes and cook for about four minutes until they become tender and begin to get 'saucy'.

When the tomatoes have softened, gently stir in the beans and fry for five minutes.

Pour in the tamarind juice and the stock you kept from cooking the beans.

Stir gently to combine.

Cook for another 15–20 minutes, until the curry has thickened.

Cut the loaf of bread into quarters.

Hollow out each piece with a spoon.

Try to remove the bread in one piece and leave enough at the bottom to create a 'shell' for the curry.

Fill the hollowed out quarters with the curry and sprinkle with the chopped coriander.

Place the bread you removed from each back on top or to one side.

Serve with a sambal or salad.