

## OLD JOE'S KAIA COUNTRY HAVEN

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## VEGETABLE CURRY

### BASE

In a large pot fry the following in oil until glazed:	<i>1 medium onion, chopped</i> <i>3 cm fresh ginger, grated (or 20ml dry ginger)</i> <i>1-2 fresh chillies, finely chopped (or to taste)</i>
Add, fry for two more minutes while stirring, making sure there is enough oil in the pot to absorb all the spices, taking care not to burn them:	<i>15 ml smoked paprika</i> <i>20 ml curry powder (or to taste)</i> <i>20 ml ground coriander</i> <i>20 ml ground cumin</i> <i>20 ml ground turmeric</i> <i>15 ml shelled cardamom seeds (or ground)</i> <i>3-4 pieces star anise, broken into pieces</i>
Add and simmer until potatoes are cooked but not mushy, about 8-10 minutes:	<i>300 g tin Italian + fresh tomatoes, chopped</i> <i>30 ml vegetable stock powder</i> <i>2.5 ml salt or to taste</i> <i>2-3 medium unpeeled potatoes in chunks</i> <i>4 thick slices of peeled butternut in chunks</i> <i>3 carrots, finely sliced</i> <i>300 g Frys soya mince, browned in oil (optional)</i>

<i>Add 5 minutes before serving and heat through:</i>	<i>1 green sweet pepper, finely chopped</i> <i>2 large zucchini in slices</i> <i>1 cup chopped green beans</i> <i>1 sweetcorn off the cob</i> <i>1 cup finely shredded cabbage</i> <i>3 cloves garlic, squashed through a garlic press</i>
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<i>To thicken, mixed in a bit of cold water:</i>	<i>30 ml Bisto powder</i> <i>15 ml maizena</i>
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### OPTIONAL:

Add the following:	<i>1 tin coconut cream</i> <i>30 ml fruit chutney</i> <i>1 tin drained chickpeas</i>
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NOTE: Vegetables need to stay bright and crisp, so rather undercook than overcook.

*Serve with your favourite rice or couscous (cooked with turmeric and a handful of raisins), finely chopped cucumber, red apple and dried apricots in cashew cream.*