

OVERALL time: 60 mins

CAPE MALAY SLOPPY JOES

No electricity? No problem, because this month we're focusing on one-pot wonders you can cook on a single gas cooker top! We give that American classic, Sloppy Joes, a Cape Herb & Spice makeover with our famous Cape Malay Curry Spice. It's the Bo-Kaap meets the USA and it's a mid-winter winner the kids especially will love.

Metric

Number of servings : 4

ingredients

For sloppy joes

- 2 Tbsp vegetable oil
- 1 large onion, finely chopped
- 2 cloves garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 2 Tbsp tomato paste
- 0.5 tsp/to taste salt
- 4 Tbsp Cape Herb & Spice Cape Malay Curry
- 4 Tbsp chutney
- 2 leaves bay leaves
- 1.5 cups water
- 0.75 cups raisins (or sultanas)
- 750 g beef mince (or use lamb for a treat!)

For the salsa

- 1 punnet baby tomatoes, quartered
- 1 medium red onion, finely sliced
- 1 large handful coriander, chopped
- 1 finely sliced jalapeno or mild green chilli
- 1 juiced fresh lime
- 1 pinch salt

For serving

- 6 rolls soft white rolls

- 1 Tbsp/ to taste chutney

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 40 mins

Heat a large thick-based saucepan with the oil and add the mince. Cook on high heat until brown. Top Tip: try not to stir it too much initially, you want some crustiness developing on the bottom, it's pure flavour!. Add the onions and continue stir-frying for a further two minutes.

Now add the garlic, ginger, tomato paste, Cape Malay Curry Spice and salt and fry for a further minute. Add the chutney, water and bay leaves. Pace a lid on, turn the heat to the lowest possible setting and cook for a good 40 minutes. Add the raisins halfway through the cooking process. (Cook's note: Despite its name, a Sloppy Joe should actually not be swimming in liquid, it should just be pleasantly moist. So check the mince from time to time during cooking and add only small splashes of water if need be.)

To make the salsa, mix all the salsa ingredients together. To assemble the Sloppy Joes, slice the bread rolls in half, top with lots of mince, then a very generous few spoonfuls of the salsa. A last drizzle of chutney, pop the top of the bread roll on and tuck in. This is hearty eat-with-your-hands stuff, so give your cutlery the night off.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>
Metric

ingredients

For sloppy joes

- 2 Tbsp vegetable oil
- 1 large onion, finely chopped
- 2 cloves garlic, finely minced
- 1 tsp fresh ginger, finely grated
- 2 Tbsp tomato paste
- 0.5 tsp/to taste salt
- 4 Tbsp Cape Herb & Spice Cape Malay Curry
- 4 Tbsp chutney
- 2 leaves bay leaves
- 1.5 cups water
- 0.75 cups raisins (or sultanas)
- 750 g beef mince (or use lamb for a treat!)

For the salsa

- 1 punnet baby tomatoes, quartered

- 1 medium red onion, finely sliced
- 1 large handful coriander, chopped
- 1 finely sliced jalapeno or mild green chilli
- 1 juiced fresh lime
- 1 pinch salt

For serving

- 6 rolls soft white rolls
- 1 Tbsp/ to taste chutney

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 40 mins

Heat a large thick-based saucepan with the oil and add the mince. Cook on high heat until brown. Top Tip: try not to stir it too much initially, you want some crustiness developing on the bottom, it's pure flavour!. Add the onions and continue stir-frying for a further two minutes.

Now add the garlic, ginger, tomato paste, Cape Malay Curry Spice and salt and fry for a further minute. Add the chutney, water and bay leaves. Pace a lid on, turn the heat to the lowest possible setting and cook for a good 40 minutes. Add the raisins halfway through the cooking process. (Cook's note: Despite its name, a Sloppy Joe should actually not be swimming in liquid, it should just be pleasantly moist. So check the mince from time to time during cooking and add only small splashes of water if need be.)

To make the salsa, mix all the salsa ingredients together. To assemble the Sloppy Joes, slice the bread rolls in half, top with lots of mince, then a very generous few spoonfuls of the salsa. A last drizzle of chutney, pop the top of the bread roll on and tuck in. This is hearty eat-with-your-hands stuff, so give your cutlery the night off.

Recipe concept & photography by Lizet Hartley. Lizet Hartley is a freelance stills and reel food stylist, food photographer and recipe developer. In her spare time she - rather predictably - cooks. Get more of her recipes on her blog at <http://www.melkkos-merlot.co.za>

<https://capeherb.co.za>