

OVERALL time: 160 mins

GOURMET BUNNY CHOWS

Reimagining traditional South African food and giving them a cheeky gourmet twist is our quest going into Heritage month. That quintessentially South African favourite, the Bunny Chow, was an obvious candidate for a cheffy makeover. Now a quarter or half loaf of standard white bread stuffed to the brim with hot lamb curry might be delicious, but it's hardly what we'd call elegant dinner party fare. Our solution? Nifty little individual loaves, baked in a muffin tin. One of these teeny Bunny Chows makes a delightful starter or light lunch. Hungry for more? Tuck into a second one!

Metric

Number of servings : 4

ingredients

For the lamb curry filling

- 600 g leg of lamb cubes
- 30 ml Vegetable oil
- 1 Large white onions, very finely chopped
- 30 ml Vegetable oil
- 1 Hot green chilli, finely sliced
- 2 Plump cloves of garlic, minced
- 3 cm Piece of ginger, peeled and finely grated
- 30 ml Tomato paste
- 30 ml **Cape Herb and Spice's Rogan Josh Curry Spice**
- 350 ml Water
- 1 Large tomato, diced
- 2.5 ml **Cape Herb and Spice's Atlantic Sea Salt**
- 1 Large Potato, peeled and cut into smallish cubes
- 15 ml Cornflour, dissolved
- 15 ml Water, for dissolving cornflour

For the individual loaves

- Store- bought white bread dough (look for it in the fridge section at your supermarket's bakery counter)

To serve

- Store- bought chutney
- Raita (Simply grated cucumber stirred into full cream yoghurt)
- Sambal (simply grated cucumber stirred into full cream yoghurt)
- Yellow basmati rice (simply add a large pinch of turmeric and cook your basmati rice as per normal)

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 40 mins | COOKING TIME: 120 mins

Start by heating a large saucepan and add two tablespoons of vegetable oil. Fry off the lamb cubes in two batches until nicely browned. Then remove the lamb and set aside. Using the same pan add the chopped onions along with another tablespoon of oil and fry the onions over low heat until soft. Then add the garlic, ginger, green chilli, tomato paste and **Cape Herb & Spice Rogan Josh Curry powder** and fry for a further minute.

Next, add the water, chopped tomatoes, salt and potato. Then cover the saucepan with a lid and simmer over very low heat until the lamb is soft. Once the lamb cubes are tender, check the consistency of the curry sauce - if you prefer it a bit thicker simply stir in the cornflour slurry and cook it, stirring, over high heat for two minutes. (Cook's note: If referred, the curry filling can be made a day or two ahead, cooled to room temperature and refrigerated. Curry only gets better as it matures!)

To make the individual loaves, pre-heat your oven to 180°C. Spray a large muffin tin with non-stick baking spray. Knock back the dough and form dough balls that fill the muffin cups halfway. Then cover the muffin tray with a tea towel and allow the dough balls to prove for 40 minutes. Pop the tray into the oven and bake until golden brown and cooked through - it takes about 30 minutes. To check if the individual loaves are done, simply lift one out and tap it on the bottom. If it's crisp on the outside and sounds hollow when you tap it, the individual loaves are done.

To serve, slice the top off each individual loaf and use a fork to scrape out the insides so the loaves are hollow. Fill the mini loaves with hot curry and serve right away with accompaniments like yellow rice, chutney, sambals and raita.

Recipe 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>

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