

BISTRO
sixteen & 2
— AT STEENBERG —

LAMB CURRY FILLED PITA BREADS, TZATZIKI
& SPEKBOOM CHUTNEY

By Steenberg Executive Chef Kerry Kilpin

Serves 4

6 pita breads

Lamb curry

800g lamb goulash

1 onion chopped

4 carrots cubed

5ml cumin seeds

5ml fennel seeds

5ml coriander seeds

8 cardamom pods

15ml turmeric ground

1 chilli chopped

3cm ginger grated

3 cloves chopped garlic

1 cup lamb stock

1 tin chopped tomatoes (400g)

15ml sugar

45ml cream

Salt and pepper

Add all of your whole spices in a mortar and pestle and ground until fine, remove the husks from the cardamom. Season your meat with salt and pepper. Brown the meat in an oven friendly pan with a lid with a little oil for roughly 2 minutes. Add your carrots, onions and all your spices, chilli, garlic and ginger and allow to cook for a further 2 minutes. Add your tinned tomatoes and stock. Bring to the boil, season to taste with sugar, salt and pepper.

Place the lamb in a pre-heated oven of 180 degrees to cook with the lid on. After about 90 minutes check on your meat, it should be getting soft. Stir in the cream, remove the lid and place back in the oven for a further 20 – 30 minutes.

You want your meat to be very soft and fall apart and the sauce to have thickened.

Tzatziki

175ml yoghurt

½ clove garlic finely chopped

1/5 cucumber grated and water squeezed out

10g mint chopped

Salt and pepper

Lemon juice

Combine all the ingredients and season with salt and pepper and a squeeze of lemon juice

Spekboom Chutney

375ml spekboom leaves – picked off the stems and washed

1 onion chopped

110ml white spirit vinegar

140g sugar

5ml fennel seed

5ml brown mustard seeds

5ml salt

Sweat the onions and spices without colour, add the spekboom and cook for a further 3 minutes. Add the vinegar, sugar and salt. Cook for a further 15 – 20 minutes on a low heat or until a nice thick chutney type consistency. Taste and season further if required. (You will notice when cooking, the spekboom releases quite a lot of gooey liquid, this is quite normal.) Pour into a sterilised jar and refrigerate.

Heat your pita breads in the oven for 5 minutes.

Cut your pitas in half and fill with curry, tzatziki and spekboom chutney.