

MUM'S SUNDAY VETKOEK

EPISODE 8 / *Lentswe*

METHOD

STEP 1 – COOKING THE VETKOEK

- To prepare the 'vetkoek', heat a pot of oil. Use a small amount of the dough to check your oil is at the correct temperature.
- Divide the dough into 8 oval balls and fry until golden and cooked in the centre, turning all the while.
- Make sure the oil doesn't get too hot! Place onto paper towels to drain excess oil.

STEP 2 – COOKING THE CURRIED MINCE

- Heat the oil and add the onions with a pinch of salt followed by the garlic, ginger and spices.
- Saute for a few minutes until fragrant and then add the mince to brown.
- Once the mince is browned reduce the heat and add the tomatoes and simmer for 30min. Stir through the chutney and season to taste.
- Cut open each vetkoek and fill with curried mince.

INGREDIENTS

VETKOEK:

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1 kg of ready-made dough from your PnP bakery
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Oil for frying
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CURRIED MINCE:

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45 ml PnP vegetable oil
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1 large onion, finely chopped
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15 ml grated root ginger
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2 fat cloves garlic, crushed
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2 Tbs PnP barbeque or steak and chops spice
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15 ml PnP medium curry powder
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10 ml PnP turmeric
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10 ml ground coriander
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500 g lean beef mince
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2 tomato, diced
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45 ml PnP peach chutney
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Salt and pepper
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