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by ewfood

Bunny Chow



Ingredients

1fl oz. oil
1 cinnamon stick
4 green cardamom pods, crushed
2 curry leaves
1 medium onion sliced
1 tin chopped tomatoes
1 tsp. ginger, minced
2 tsp. garlic, minced
4tsp. curry powder
1tsp. ground turmeric
2 lb. lamb (you can use beef or chicken), boneless and cubed
3 medium potatoes, cubed
2fl oz. water
2 tsp. garam masala
salt
2 crusty fresh loaves of square white bread
bunch of coriander to garnish
Servings
4
Person

Preparation

- 1 In a saucepan sauté the cinnamon, cardamom, curry leaves and onion until the onion browns
- 2 Add the garlic, ginger, tinned tomatoes, turmeric and curry powder and simmer covered, stirring occasionally for 10-15 minutes
- 3 Add the meat and sauté for 10-15 minutes
- 4 add the potatoes and water and leave to simmer covered for 30 minutes, stir the curry occasionally so that it does not burn
- 5 finally add the garam masala and taste the curry, add salt if necessary
- 6 Halve the two loaves of bread and scoop the soft insides out and set aside
- 7 Pour the curry into the bread halves and garnish with coriander
- 8 use the innards of the bread to dip into the curry and enjoy

Cooks Note

Traditionally bunny chow is meant to be a lamb curry; Serves 4

