



Brothers Leon and Israel from Durban blew the judges socks off with their exceptionally flavoured Mutton curry, winning them Crew Captatthe Mambas.

Mutton Curry

2 Onions, chopped
2 tsp Curry powder
2 tsp Garam Masala
1 tsp Turmeric
1 tsp Fennel powder
Salt

1.5kgs Mutton
1kg baby potatoes, chopped in half

Wrapped in cloth to go into pot
2 Cloves
Cardamon
3 Cinnamon sticks
Curry leaves

Combine Curry powder, garam masala and fennel powder

Heat oil in pot/jle pot

Add curry powder mixture to release flavours

Braise onions and add salt

Add the Mutton and braise, covering with spices, onions and oil

Add water & cloth spices

Slowly bring to the boil

About 1hr into boiling, add potatoes.

Meat needs to be cooked for at least 2 hours.

Roti

2 cups flour
1 Tbs butter, melted
½ tsp salt

Mix flour, water oil and water to a bowl, mix until combined

Remove from the bowl and work the dough with your hands until soft.

Leave to rest for approx. 5 minutes

Roll the dough out

Spread melted butter on dough and roll up again

Then portion dough by chopping with a knife into 7-10 equal balls

Roll one of your balls out to a flat circle

Pre-heat your pan till hot.

Place roti in the pan and allow the first side to

Cook for about 5 - 10 seconds before turning

Let the second side cook for about 30 seconds-

Once you see the bubbles and roti rise, it is done