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## Curried kaiings (crackling)

1 large onion sliced  
3 potatoes, diced  
2 tomatoes, skinned and diced  
5 ml medium curry powder  
5 ml turmeric  
1 l kaiings  
sugar  
brown vinegar  
salt  
pepper

Place the onion, potatoes and tomatoes in a heavy-based saucepan and add the curry powder and turmeric.

Add a little water and simmer until the potatoes are soft. Add the kaiings and season to taste with sugar, brown vinegar, salt and pepper.

Mix well and cook through. Serve with mealie rice. Serves 4.