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Curried mince vetkoek...

mince is the perfect filling for vetkoek, more so if it be curried mince!

CURRIED MINCE

10 ml oil
1 large onion, coarsely chopped
2 cloves garlic, crushed
500 g mince, preferably lean beef or ostrich
3 ml salt
45 ml mild curry powder
2 medium carrots, sliced into thin strips
1 green pepper, finely chopped
1 green apple, grated

25 ml fruit chutney
7 ml vinegar
30 ml tomato purée
3 ml Worcestershire sauce
150 ml water
1 large cooked potato, peeled and cubed
65 ml frozen peas (optional)
salt and freshly ground black pepper
fresh coriander leaves for garnishing (optional)

VETKOEK

1 kg cake flour
10 g instant yeast
10 ml salt
650 ml lukewarm water (approximately)
1 l oil for deep-frying

Heat the oil in a large shallow saucepan and sauté; the onion and garlic until fragrant and soft. Add the mince and brown well. Add the salt and curry powder and sauté; until fragrant. Add the carrot, green pepper, apple, chutney, vinegar, tomato purée, Worcestershire sauce and water and stir well.

Cover partially and simmer for about 30 minutes or until the sauce has thickened. Stir occasionally. Add the potato and peas, stir gently and simmer until heated through. Season to taste and keep warm.

VETKOEK:

Sift the flour in a large mixing bowl and add the yeast and salt. Mix well.

Add just enough lukewarm water to make a soft dough and knead for about 15 to 20 minutes or until the dough is smooth and elastic and no longer sticks to your hands. Coat the top of the dough with oil, cover with a tea towel and leave to rest in a warm place for about 10 minutes.

Knock the dough back and break off pieces of dough. Shape into rounds and leave in a warm place to rise once more until double in volume.

Heat the oil until very hot and deep-fry the vetkoek until golden brown and done. Drain on paper towelling.

Make a slit in the vetkoek and fill with the hot curried mince mixture.

Sprinkle the filling with extra coriander leaves, press the vetkoek gently to close and serve.