



COOKING

CULTURALLY



LAMB AND CHICKPEA CURRY – AFRICA

Serves 4

Buy or grow it

- 1 tablespoon vegetable oil
- 500 grams lamb, cut in 2cm cubes
- 1 large onion, diced
- 1 clove garlic, crushed
- 1 teaspoon turmeric
- ½ teaspoon ground cumin
- ⅓ teaspoon cayenne pepper
- 400 gram tin of chickpeas, rinsed and drained
- ½ – 1 cup water
- 2 tablespoons lemon juice

Do it

- Heat oil in saucepan, add lamb and cook until browned
- Add onion, garlic and spices and fry until onion is soft
- Add chickpeas and water, simmer for 1½ hours or until tender
- Stir in lemon juice
- Serve with couscous or rice and a tossed green salad





COOKING

CULTURALLY



SWEET CORN FRITTERS

African

Makes about 20

Buy it

½ cup plain flour, sifted
½ cup milk
¼ teaspoon bi-carb soda, sifted
¼ cup polenta
1 teaspoon salt (optional)
¼ cup water (if required)
1 large can of corn kernels or 1½ cups of frozen corn kernels
vegetable oil for frying

Do it

- combine all ingredients except oil together, adding the corn last, mix well
- heat oil in a large frypan and drop one teaspoonful of the mixture at a time into the pan. Use spoons to spread it out. When golden brown on one side turn and cook the other side. Cook the fritters in batches so there are a few in the pan at a time.
- serve with fruit chutney or spicy sauce