



CURRY MINCE VETKOEK

HEAT LEVEL

Experience the savory delight of our Curry Mince Vetkoek - a perfect fusion of spicy curry mince nestled in soft, golden vetkoek, offering a tasty twist on a classic South African favorite.

1 Hour 20 Mins

10 Servings

INGREDIENTS

VETKOEK

1000 ml (560 g) cake flour, sifted
3 ml (½ tsp) salt
15 ml (1 Tbsp) sugar
10 g (1 sachet) instant dry yeast
30 ml (2 Tbsp) cooking oil, plus extra for deep-frying
400 ml luke-warm water

FILLING

45 ml (3 Tbsp) cooking oil
500 g lean beef mince
1 medium onion, coarsely chopped
2 cloves garlic, crushed
15 ml (1 Tbsp) medium curry powder
5 ml (1 tsp) garam masala
3 ml (½ tsp) turmeric
2 ml (¼ tsp) ground cumin
2 medium potatoes, peeled and cut into small cubes
1 medium carrot, peeled and coarsely grated
100 ml Spur Grill Basting Sauce
60 ml (¼ cup) Spur Peri-Peri Sauce
About 250 ml (1 cup) water

METHOD

VETKOEK:

- 1 Combine flour, salt, sugar and yeast and mix well.
- 2 Combine oil and enough lukewarm water, add to flour mixture and mix to a soft dough. Turn out dough onto a lightly floured surface and knead for 5-10 minutes, or until dough is smooth and elastic. Place dough in a large, lightly oiled bowl, cover and leave to rise in a warm place for about 30 minutes, or until doubled in size.
- 3 Knock down dough on a lightly floured surface and knead again until smooth. Shape into 10 balls and let rise again for 10 minutes. Flatten slightly with palm of hand.
- 4 Heat oil and deep fry the vetkoek, turning constantly, until golden brown. Remove from oil with a slotted spoon and drain on paper towel.

FILLING:

- 1 Heat oil and fry mince until it changes colour. Add onion and garlic and sauté for a few minutes until soft. Add spices and fry for about 1 minute.
- 2 Add potatoes, carrot, Spur Grill Basting Sauce, Spur Peri-Peri Sauce, salt and water. Cover with lid and leave to simmer for about 20 minutes or until vegetables are soft. Thicken with a paste of 15 ml (1 Tbsp) flour and a little water, if required. Remove from heat.
- 3 Cut the vetkoek three-quarters of the way through and fill with the mince. Serve warm.

VARIATIONS

None

