



PAN-FRIED VETKOEK AND CURRIED MINCE

Who can't resist warm vetkoek with a lightly curried mince mixture? Vetkoek is typically deep-fried but the temperature control of an AMC Chef's Pan is just what you need to shallow-fry this version to golden-brown perfection. If vetkoek and mince makes you think of a heavy, greasy meal – then you're in for a treat with our delicious take on this South African classic!

INGREDIENTS

Serves 4–6

Curried Mince

500 g lean beef mince
10 ml (2 tsp) olive oil
1 onion, chopped
1 carrot, coarsely grated
30 ml (2 tbsp) grated fresh ginger
20 ml (4 tsp) ground cumin
2,5 ml (½ tsp) ground turmeric
15 ml (1 tbsp) each ground coriander and medium curry powder
2,5 ml (½ tsp) chilli powder, or more to taste
180 ml (¾ cup) stock of your choice or Rooibos tea
60 ml (¼ cup) good-quality chutney
250 ml (1 cup) frozen mixed vegetables, rinsed
30 ml (2 tbsp) chopped fresh coriander or Italian parsley (optional)
salt and black pepper to taste

Pan-fried Vetkoek

makes about 10-12
3 eggs, beaten
350 ml plain double cream yoghurt
150 ml water
750 ml (3 cups) cake flour
25 ml (5 tsp) baking powder
pinch of salt
extra olive oil for frying
More chutney and extra fresh coriander leaves to serve

METHOD

Curried Mince

1. Heat an AMC 20 cm Gourmet High over a medium temperature until the Visiotherm® reaches the first red area. Fry the mince in batches until browned and remove from unit.
2. Add the oil and fry onion, carrot and ginger in the same unit until soft and lightly caramelised.
3. Add spices and fry until aromatic. Return the mince to the unit.
4. Add stock or tea and chutney and reduce the heat and simmer with a lid for 25-30 minutes. Stir in the mixed vegetables and herbs and season to taste with salt and pepper. Keep warm.

Pan-fried Vetkoek

1. Meanwhile, whisk the eggs, yoghurt and water together in a large jug. Place all the dry ingredients in a large bowl and make a well in the middle. Fold the yoghurt mixture into the dry ingredients with the back of a knife or a silicon spatula just until a smooth dough forms – do NOT overmix. Allow dough to stand for 5 minutes to rise.
2. Heat an AMC 28 cm Chef's Pan over a medium temperature until the Visiotherm® reaches the first red area. Pour a thin layer of the oil into the base and drop large spoonfuls (about 60-80 ml) of the dough into the oil. Fry on both sides until light golden brown and almost cooked but don't be tempted to make the pan too hot (see tip).
3. Reduce the heat slightly, add 15 ml of water to the pan, close the lid and allow vetkoek to steam for 1-2 minutes. It will steam a lot but keep the lid on. Remove the lid and fry for another minute or two on each side, to crisp up the outer layer.
4. Drain on a paper towel and repeat with the remaining dough and more oil, to make about 10-12 medium to large vetkoek. Keep the vetkoek warm until all the dough has been pan-fried.
5. Serve vetkoek with curried mince, extra chutney and coriander leaves.

TIPS

- *This mince mixture will also be divine as a filling in roasted butternut halves.*
- *For the vetkoek, don't make the pan too hot and have some patience, they shouldn't burn before they are golden brown, as they need time to rise and cook.*