



Traditional Boere Curry Bunny Chow

(Nicolene Richter)

Ingredients

1 Lamb tripe with legs not the head
1 Pork shank cut in slices
250ml Dry white wine
8 Whole pepper corns
3 Med onions cut in quarters
12 Baby potatoes peeled
15ml Milled curry powder
10 ml Turmeric
25 ml Brown sugar
25ml White wine vinegar
5ml Salt
1/2 Cube chicken stock
2 Bay leaves

Method

1. Wash the tripe, cut the tripe in blocks about 25mm, add all the meat and chicken stock to the pot and cover with hot water, slowly cook for 6 to 7 hours until all the meat is tender, the meat must not cook dry, keep on adding water if necessary.
2. Mix together curry powder, turmeric, sugar, salt and vinegar, add to meat, Add the baby potatoes and onions, slowly cook for a further hour.
3. Enjoy as a bunny chow or serve with Samp