

Curried Mince & Potato Vetkoek

A South African favourite made for sharing

There are few things more welcoming than a basket of freshly made vetkoek, warm from the pan and filled with a delicious savoury mince. This version combines mildly curried mince, soft potato and a little chutney to create a hearty filling that is affordable, satisfying and full of familiar South African flavour.

It's the sort of food that belongs in the middle of the table, with family and friends helping themselves, chatting and enjoying another one before they're all finished. Whether you're making them for a relaxed weekend lunch, a family gathering or simply because everyone is hungry, these golden vetkoek are made for sharing.

Serves 4-6 | Makes approximately 10–12 vetkoek

For the vetkoek:

- 4 cups cake flour
- 2 tsp instant dry yeast
- 1 tsp salt
- 1 tbsp sugar
- Approximately 1½ cups lukewarm water
- 2 tbsp cooking oil
- Oil for deep-frying



For the curried mince filling:

- 500 g beef mince
- 2 medium potatoes, peeled and cut into small cubes
- 1 large onion, finely chopped
- 2 cloves garlic, crushed
- 2 tbsp mild curry powder
- ½ tsp turmeric
- 2 tomatoes, finely chopped
- 2 tbsp chutney
- 1 tbsp tomato paste
- 1 cup water or beef stock
- ½ cup frozen peas
- 1 tbsp cooking oil
- Salt and freshly ground black pepper

Recipe continued on the next page . . .

Make the vetkoek:

- Place the flour, yeast, salt and sugar in a large mixing bowl.
- Add the oil and gradually mix in the lukewarm water until you have a soft, slightly sticky dough.
- Knead for about 5–8 minutes until smooth and elastic.
- Cover the bowl with a clean tea towel and leave somewhere warm for about 1 hour, or until the dough has roughly doubled in size.
- Knock the dough down gently and divide it into 10–12 equal pieces. Shape each piece into a ball.
- Cover again and leave for about 15–20 minutes while you prepare the filling.
- Heat enough cooking oil for deep-frying in a large, heavy saucepan. The oil should be hot but not smoking.
- Fry the vetkoek in batches until golden brown on both sides and cooked through. Turn them carefully as they cook.
- Drain on kitchen paper and keep warm.

Make the curried mince filling:

- Heat the oil in a large frying pan or saucepan.
- Add the onion and cook gently for 3–4 minutes until soft.
- Add the garlic, curry powder and turmeric and cook for about 30 seconds, stirring.
- Add the mince and cook until browned, breaking it up with a wooden spoon.
- Add the diced potatoes, tomatoes, tomato paste, chutney and water or stock.
- Season with salt and pepper. Bring to a gentle simmer, cover and cook for approximately 15 minutes, stirring occasionally, until the potatoes are tender.
- Remove the lid and simmer for another 5–10 minutes until the mixture has thickened.
- Stir in the peas during the final few minutes of cooking.
- Taste and adjust the seasoning if necessary.
- Don't make the filling too runny. A thick, richly flavoured mince filling is much easier to spoon into the vetkoek – and means you get plenty of delicious curry in every bite.

MADE FOR SHARING

- The best thing about vetkoek isn't simply the food. It's what happens when you put a plate of them on the table.
- Someone takes one. Someone else asks for another. Children choose the biggest one. Someone inevitably comes back for "just one more". And before long, the plate's empty.
- That's the magic of simple family food. You don't need expensive. ingredients or a complicated recipe to bring people together. Sometimes all you need is a warm kitchen, a big plate of homemade food and people you love around your table.

Make a batch, invite your family and friends, and let everyone help themselves.

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