

KAI TIME ON THE ROAD - CURRY

PAOROA PARAI (FRIED BREAD)

4 cups Plain flour
½ cup Sugar
3 cups Yeast and water mix or potato water
500g Dripping or lard

Step 1

Sieve flour and sugar into a large bowl. Make a well in the centre of the flour and pour the yeast mix or potato water in 1 cup at a time till mixtures combines well and comes away from the sides.

Step 2

Tip on to a floured board and knead dough. Shape dough into a rectangle shape and cut into even shapes. Place the dough next to a warm oven for at least 1 or 2 hours to ensure the dough rises. Heat the dripping in an electric frying pan 180-200 degress C.

Step 3

When the dough has risen, place carefully into the hot fat and brown on one side then repeat for the otherside. Remove and strain on absorbent paper.



KAKAHI (FRESH WATER MUSSEL) CURRY

12 Kakahi
1 Onion, diced
4 Garlic cloves
1 Ginger root, small
1 Lemon
2 Tins whole tomatoes
1tblsp Curry powder

1tsp Tumeric
1tsp Paprika
1tsp Coriander powder
4 New potatoes
200mls Coconut cream
2tblsp Parsley, chopped
100mls Olive oil



Step 1

Crush and chop the fresh garlic and ginger. In a heavy base pan add some olive oil and heat. Add the onions, garlic and ginger, curry, tumeric, paprika and the coriander powder and cook out the curry for 5 minutes.

Step 2

Pour in the tomatoes, salt and pepper and coconut cream and simmer .

Step 3

Cut the new potatoes into small dice and add to the curry. Cook till potatoes are soft. Shell the kakahi and add to the curry, squeeze in the lemon juice and sprinkle in the chopped parsley. Cook kakahi for two or three minutes. Serve piping hot in a bowl with fried bread.

AUNTY BEA'S CHICKEN CURRY

6 Chicken pieces
1 cup White rice
1 Onion, chopped
4 Garlic cloves
1 Small ginger root
2 Tins whole tomatoes
4 New potatoes

1tsp Tumeric
1tsp Paprika
1tsp Coriander powder
4 New potatoes
200mls Coconut cream
2tblsp Parsley, chopped
100mls Olive oil

Step 1

Bring 2 cups of water to the boil with a little salt. Add the rice, stir and cook till soft.

Step 2

In a pot heat the olive oil, add the onions, crushed garlic, ginger and sweat for a few minutes.

Step 3

Add the chicken pieces, sprinkle on the curry powder, tumeric and paprika. Add the tomatoes, coconut cream, cream and season with sea salt.

Step 4

Add the diced potatoes and cook out for 25 - 30 minutes. Serve the chicken on the rice and garnish with parsley.

