

Favorite Cape Malay Roti Recipe

To make the Roti:

(Makes about 16.)

Mix together:

500g of plain flour

2 tsp salt

30 ml oil

250ml water

Knead lightly then divide into 16 small pieces.

Roll out on a floured board into a rough circular shape.

Brush with a little melted butter.

Roll up into a sausage then tie it in a knot.

When all done place on a floured board under a clothe for 30 minutes.

When ready to cook, roll out each individual knot and fry lightly until freckled on each side

Spoon your curry into the center and roll up. Enjoy!

To make the curry:

500g cooked chicken, removed form the bone and diced.

400g cubed cooked sweet potato (keep the water form cooking)

Make the curry sauce:

Ingredients: 1 large onion, chopped, 2 cloves pressed garlic, 1tsp tumeric, 1 tsp chicken spice, 1 – 2 tsp curry powder, ½ tsp salt, 4 T grape vinegar, 1 cup water, 1 T apricot jam.

Brown onion, add garlic and spices, then vinegar, water, jam and 1/3 of the sweet potato that you have mashed.

Then add chicken and cook for ½ hr.

Add the rest of the potato at the end of the cooking process.