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Recipe: How to make the perfect Durban curry

The unique flavours of Indian cooking, which were embraced by British settlers and the Zulus, have been developed over time to make the 'Durban Curry', famous around the world. Durban curries, which are usually hotter, are coloured red with tomatoes, chilies and cayenne pepper.

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"I was recently given Durban Curry (PawPaw Publishers). It is the most fantastic recipe book just one look at it had me rushing to the kitchen to whip up a real Durban dish.

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Recipe: (Perfect) Durban Curry Africa Adventure Consultants

A typical Durban curry is made in a heavy pan. Onions are browned in oil, and then curry powder is added, followed by the garlic and ginger. This mixture is simmered before the lamb, chicken, beef or fish is folded in and then all the remaining ingredients are added.

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