

## Ingredients:

Serves 4-6 People

- 1 kg Diced Ostrich
- 2 tablespoons oil
- 2 onions, finely chopped
- 2 cloves garlic, crushed
- 2 small green chillies, finely chopped
- 5 cm piece ginger, grated
- 1 teaspoons turmeric
- 2 teaspoons ground cumin
- 3 teaspoons ground coriander
- 1 teaspoon chilli powder
- 1 teaspoons salt
- 425 g can chopped tomatoes
- 125 ml coconut cream

Total Preparation & Cooking Time:

1 ¾ Hours

# Recipe: Ostrich Curry

## Method:

Heat the oil in a large heavy-based frying pan (with lid). Add the onion and cook, stirring frequently, over medium high heat for 10 minutes until golden brown. Add the garlic, chillies and ginger and stir for a further 2 minutes, taking care not to burn it.



Mix together the turmeric, cumin, coriander and chilli powder in a small bowl. Stir to a smooth paste with 2 tablespoons water and add to the frying pan. Stir constantly for 2 minutes, taking care not to burn it.

Add the meat a handful at a time, stirring well to coat with spices. It is important to make sure that all the meat is well coated and browned. Add salt to taste and stir in the chopped tomatoes along with their juice. Bring to the boil, cover and reduce the heat to low. Simmer for 45 to 60 minutes until the ostrich is tender, but stir in the coconut cream 30 minutes before the end of the cooking time.

*Tip: Try serving this dish with Basmati rice and nan bread.*

**Bon appetit!**

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