



Curry Mince Loaf

Servings: 4
Total Time: 1 hr
Cooking Time: 30 mins (stove-top)
20-30 mins (oven)
Pre-heat Oven to 220°C



METHOD

For the Filling

Sauté the onion & garlic in the oil. Add the curry powder & paste, chillies, turmeric, cinnamon and salt, and fry for 2 mins. Add the mince and stir/mash with a fork until thoroughly mixed & separated. Add the remaining Filling ingredients and simmer for 10 mins. Set aside to cool.

For the Sauce

Sauté the onion & apple in the oil. Add the curry powder, paste & turmeric and fry slightly. Add the remaining Sauce ingredients and simmer for 5 mins.

For the Pastry

Sift the dry ingredients together, and then rub in the butter. Make a hollow in the middle and add enough water to form a stiff dough. Roll out the pastry in a rectangle 10mm thick.

Construction

Spread the pastry with the cooled meat filling, roll it up into a loaf and seal the edges with the beaten egg.

Place in an oven dish and pour over the curry sauce. Bake at 220°C for 20-30 mins until golden brown.

Serve immediately or when cool.

INGREDIENTS

For the Filling

500g lean mince (beef or lamb)

1 onion, chopped

1 tsp chopped garlic

1 Tbsp light olive oil

1 Tbsp medium curry powder

1 Tbsp curry paste

1 tsp crushed chillies

1 tsp turmeric

1 tsp cinnamon powder

¼ tsp salt

1 small carrot, chopped

1 small apple, chopped

1 Tbsp wine vinegar

1 Tbsp fruit chutney

For the Pastry

250g cake flour

1 tsp salt

¼ tsp grated nutmeg

60g butter

Water to mix

For the Curry Sauce

1 onion, chopped

½ apple, chopped

1 Tbsp light olive oil

1 tsp medium curry powder

1 tsp curry paste

1 tsp turmeric

250ml meat stock

½ tsp salt

1 Tbsp chutney

2 tsp lemon juice

1 egg, beaten (to seal loaf edges)

