

## South African Bread Bowl Curry - Bold Spices Served in a Cozy Loaf

When it comes to comfort food with flair,



**TIME**  
**5 min**

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### INGREDIENTS

For the Curry:

4 small unsliced white bread loaves

500g ground beef or chicken

1 large onion, chopped

2 cloves garlic, minced

1 tbsp vegetable oil

2 large tomatoes, chopped

2 potatoes, peeled and cubed

2 tsp curry powder

1 tsp ground cumin

1 tsp ground coriander

1 tsp turmeric

1 tsp garam masala

$\frac{1}{2}$  cup water

Salt and black pepper, to taste

Fresh cilantro, chopped (for garnish)

Step-by-Step Instructions:

1 Prep the Bread Bowls:

Slice off the top third of each loaf of bread and carefully hollow out the insides to form bowls.

Set aside the tops and soft centers-you'll serve them alongside for dipping later.

2 Make the Curry Base:

In a large skillet, heat vegetable oil over medium heat.

Add the chopped onion and sauté for about 5

minutes until softened.

**3 Add the Spices:**

Stir in garlic, curry powder, cumin, coriander, turmeric, and garam masala.

SautØ for 1-2 minutes until the mixture is fragrant and the spices bloom.

**4 Cook the Protein:**

Add the ground beef or chicken and cook until browned, breaking up the meat as it cooks.

Stir in the chopped tomatoes and cubed potatoes.

**5 Simmer:**

Pour in the water and season with salt and pepper.

Simmer for 20-25 minutes, covered, until the potatoes are fork-tender and the curry has thickened slightly.

**6 Serve:**

Spoon the hot curry into each hollowed-out bread bowl.

Garnish with fresh cilantro and serve with the reserved bread tops for scooping and dipping.

## DIRECTIONS

1. Prep the Bread Bowls: Slice off the top third of each loaf of bread and carefully hollow out the insides to form bowls.
2. Set aside the tops and soft centers-you'll serve them alongside for dipping later.
3. Make the Curry Base: In a large skillet, heat vegetable oil over medium heat.
4. Add the chopped onion and sautØ for about 5 minutes until softened.
5. Add the Spices: Stir in garlic, curry powder, cumin, coriander, turmeric, and garam masala.
6. SautØ for 1-2 minutes until the mixture is fragrant and the spices bloom.
7. Cook the Protein: Add the ground beef or chicken and cook until browned, breaking up the meat as it cooks.
8. Stir in the chopped tomatoes and cubed potatoes.
9. Simmer: Pour in the water and season with salt and pepper.
10. Simmer for 20-25 minutes, covered, until the potatoes are fork-tender and the curry has thickened slightly.
11. Serve: Spoon the hot curry into each hollowed-out bread bowl.
12. Garnish with fresh cilantro and serve with the reserved bread tops for scooping and dipping.
13. Tips for Success: Use day-old bread or firm loaves to prevent sogginess.
14. Want extra heat? Add chopped green chili or cayenne with the garlic.
15. Curry can be made ahead of time and reheated just

before serving.

16. For vegetarians, swap the meat for chickpeas or lentils and adjust the cooking time.
17. Serving Suggestions & Pairings: This dish is hearty enough to stand alone, but here are some fun ways to serve or pair it:
18. A side of roasted vegetables or coleslaw for a crunchy contrast
19. A cool drink to balance the heat like mint lemonade
20. Add to a rustic dinner spread with: Dorito Casserole - crunchy, cheesy, and perfect for spice lovers
21. Tomato : Skillet with Okra and Sausage - bold Southern flavors meet one-pan simplicity
22. Chicken : Enchiladas - another saucy favorite for a cozy crowd
23. Storage & Make-Ahead Tips: Fridge: Store leftover curry in a sealed container for up to 4 days.
24. Bread bowls: Hollow and store in an airtight container at room temperature for up to 1 day.
25. Reheat: Warm curry gently in a skillet or microwave. Assemble just before serving.

## TIPS FOR SUCCESS

Use day-old bread or firm loaves to prevent sogginess.

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

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