

NYALA CREAMY SAMP AND MUTTON CURRY RECIPE CARD

INGREDIENTS:

18 cups Nyala Easy Cook Samp/Nyala Samp, approx. 3.6 kg
9 litres water for samp, plus, additional as needed
3 Tbsp margarine
18 Tbsp Original Aromat, approx. 270 g, caution: very salty, taste, reduce if needed
27 Tbsp milk powder, approx. 270 g
6 kg mutton, cut into pieces
18 Tbsp cooking oil, approx. 270 ml, mutton has enough fat
18 Tbsp curry powder, approx. 180 g, mild or medium, adjust heat level
27 peppers, 9 each red, green, and yellow, approx. 5.4 kg, chopped, assuming 200g per medium pepper
18 carrots, chopped, approx. 2.7 kg
9 onions, chopped
Additional water, approx. 9 litres
12 stock cubes, beef, mutton, or vegetable
1-3 Tbsp salt, add gradually and taste, as Aromat and stock add saltiness

METHOD:

- 1. Soak the samp (optional but recommended):** If using regular Nyala Samp, rinse the 18 cups (3.6 kg) under cold water in large colanders or basins. Place in multiple large pots or containers, cover with ample cold water (about 2-3 times the volume), and soak overnight (8-12 hours) or for at least 4-6 hours to soften and reduce cooking time. For Nyala Easy Cook Samp, follow package instructions, it may need less or no soaking. Drain and rinse well before cooking. This can be done ahead.
- 2. Prep the ingredients:** Chop the 9 onions finely, the 27 peppers (9 of each colour) into small pieces, and the 18 carrots into bite-sized chunks. Cut the 4.5 kg mutton into even pieces (about 5-7 cm) if not already done, trimming excess fat. Measure out spices, powders, and cubes. Divide everything into batches if using multiple pots for easier handling.

For The Creamy Samp:

- 1. Boil the samp:** In one or more large heavy-bottomed pot/s, add the drained samp and 9 litres of fresh water (enough to cover by 5-10 cm). Bring to a boil over high heat,

then reduce to medium-low. Cover and simmer for 1-1.5 hours, stirring occasionally. Add more hot water if it absorbs too much, the samp should soften gradually. Test by pressing a kernel; it should be tender but firm. If cooking in multiple pots, divide samp and water evenly.

2. Make it creamy: Once the samp is soft, stir in the 3 Tbsp margarine, 18 Tbsp Aromat (add half first and taste), and 27 Tbsp milk powder. Mix well to incorporate; the milk powder will dissolve and create a creamy texture. Simmer uncovered for another 10-15 minutes on low heat, stirring frequently, until thickened and creamy. If too thick, add a splash of water; if too thin, cook longer. Taste and adjust Aromat if needed (it's flavourful, so err on less). Remove from heat and keep warm and covered.

For The Mutton Curry:

1. Brown the mutton: In separate large pot/s or Dutch ovens (or the same if doing sequentially, but multiple recommended for scale), heat the 18 Tbsp (270 ml) cooking oil over medium-high heat (divide if using multiple pots). Add the mutton pieces in batches to avoid overcrowding, fry for 8-10 minutes per batch, turning to brown on all sides. Remove browned mutton to a plate or tray. This may take 30-45 minutes total.

2. Sauté vegetables and spices: In the same pot/s with the mutton drippings, add the chopped onions. Fry for 5-7 minutes until softened and golden. Add the chopped peppers and carrots, stirring for another 5 minutes until they begin to soften. Sprinkle in the 18 Tbsp curry powder and 4.5 Tbsp salt (add salt gradually), stirring to coat everything and release aromas (about 2 minutes; don't burn the spices).

3. Simmer the curry: Return the browned mutton to the pot/s. Crumble in the 12 stock cubes and pour in about 9 litres of water (enough to cover the ingredients by 2-3 cm). Bring to a boil, then reduce to low heat. Cover and simmer for 45-60 minutes (or longer for bulk), stirring occasionally, until the mutton is tender (it should pull apart easily) and the sauce has thickened into a rich curry gravy. Add more water (up to 4.5 litres extra) if it reduces too much; taste halfway and adjust curry powder or salt if needed. The vegetables should be soft but not mushy.

1. Serving:

Serve the creamy samp hot, topped with a generous amount of the mutton curry for a comforting, flavourful meal. Portion about 200-250g samp and 200-250g mutton curry per person. This dish combines the creamy texture of the samp with the spicy, savoury curry