

Curried Mutton with Rice and Peas

Serves 6

Curried mutton

- 900g Mutton
- 1 medium onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 spring onions, roughly chopped
- 1 scotch bonnet pepper, finely chopped
- 2.5 tbsp curry powder
- 1 sprig fresh thyme
- 1.5 tsp salt
- 0.5 tsp ground black pepper
- 2 carrots, peeled and roughly chopped
- 2 celery sticks, roughly chopped
- 1 tbsp vegetable oil

Rice and Peas

- 225g kidney beans soaked overnight (or 1 can beans)
- 1 can of coconut milk (or 1 fresh coconut if you're really keen)
- 2 whole spring onions
- 1 sprig fresh thyme
- 2 tsp salt
- 900g easy-cook long grain rice
- 1 scotch bonnet pepper
- 1 knob butter or margarine

Wash the meat and cut into cubes. Place it in a large dish and season with onion, garlic, spring onions, scotch bonnet pepper, curry powder, thyme, salt and pepper, then add the chopped carrots and celery. Leave to marinate for at least 2 hours - preferably overnight.

Heat a heavy based pan with the oil. Remove meat from the marinade and brown it in the pan in batches. Set the marinade aside for later. Put all the browned meat in a pan, cover it in boiling water and simmer for 2 hours or until tender.

Add the marinade and simmer for another 30 minutes, adding more water if necessary.

Add the coconut milk to the beans with the spring onions, thyme and salt. Bring to the boil and add the rice and scotch bonnet (whole not chopped) and stir. The water should be just covering the rice.

If using dried beans, soak overnight in cold water. The next day, drain them and place in a large saucepan and cover with fresh water. Bring to the boil and boil for 10 minutes, then simmer until tender.

If using fresh coconut, grate the flesh of the coconut into a bowl. Pour 150ml of boiling water over it and leave to stand for 1 hour. Then squeeze through a damp cloth.