WILL MEYRICK

INDIA / NORTHERN INDIA

ANGAMI YAM AND BEAN CURRY

Not an Indian curry at all: a hot, brothy Angami dish of yam, chayote and green beans with pork fat, chilli, fermented soybean and fermented bamboo shoot, as cooked by Henao in Khonoma.



SERVES	PREP	COOK	TOTAL	DIFFICULTY	SPICE
4	15 min	30 min	45 min	Easy	Very hot

INGREDIENTS

1 l water

3 to 4 fresh green chillies

40 g pork fat

2 tbsp fermented soybean

60 g fermented bamboo shoot

300 g yam, peeled and cut into chunks

1 chayote (choko), peeled and cut into chunks

150 g green beans, broken into pieces

Salt, to taste

METHOD

1. Put the water, chillies and pork fat in a pot and bring to a simmer.
2. Stir in the fermented soybean and the fermented bamboo shoot.
3. Roll-cut the yam into chunks, and add to the pot. Add the chayote.
4. Break the green beans by hand and add them. Add a little salt.
5. Simmer for 20 to 30 minutes, until the yam is soft and the broth has thickened a little. Serve hot.

USEFUL SHORTCUTS FOR HOME COOKS

Fermented bamboo shoot is sold in jars in Northeast Indian and Asian shops. Tinned bamboo shoot is milder, so add a little more fermented soybean.

Sweet potato or taro can replace the yam.

The second dish Will learns from Henao in Khonoma is a curry of yam, chayote and green beans. It has nothing in common with Indian curry. Will points out that Naga curries use ginger, onion, garlic and wild ingredients from the jungle, and are much closer to Southeast Asia.The curry is built on water, chilli, pork fat, fermented soybean and...