



CLASSIC CAPE TOMATO BREDIE WITH CAPE OF GOOD HOPE RIEBEEKSRIVIER SYRAH

Recipes by Ilse van der Merwe

The perfumed fragrance of this humble Cape favourite will seduce you into second helpings. Don't substitute canned tomatoes for fresh ones - the magic lies in using fresh.

Use a food processor to help with the dicing, if you want to skip some labour.

INGREDIENTS

(serves 6)

45 ml olive oil	2 cinnamon sticks
1,5 kg lamb/mutton rib chunks (or neck chops)	2 cloves garlic, finely grated
salt & pepper	a knob of fresh ginger, finely grated (1-2 tablespoons)
2 onions, chopped	1,2 kg ripe tomatoes, diced
1/2 teaspoon whole peppercorns	5 ml sugar
1/2 teaspoon whole cloves	4 medium potatoes, diced (optional)
4 whole cardamom seeds	cooked jasmine/basmati rice, to serve

METHOD

1. In a large heavy based pot over medium-high heat, add the oil. Add the rib chunks and fry on the fatty side until brown, seasoning with salt & pepper as you go (fry in batches if necessary). Remove the meat and turn down the heat to low.
2. Add the onions, cloves, cardamom & cinnamon sticks. Fry until translucent and soft, stirring often. Add the garlic and ginger and fry for another minute.
3. Add the tomatoes and sugar (and potatoes, optionally), and stir to loosen any sticky bits on the bottom of the pot. Bring the mixture to a simmer, then place the meat back into the pot and stir.
4. Cover with a lid, then simmer over low heat for about 1,5 hours or until the meat is very soft and falls from the bone. You can remove the bones with tongs at this point, if you want to. Taste and add more salt & pepper if necessary.
5. Serve hot with fluffy warm rice.



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