

FRAGRANT MEAT & VEGETABLE STEW

A warm, flavoursome family meal that you can prepare with everyday ingredients.



INGREDIENTS

SERVES 4

15 ml oil & butter
3 allspice
3 whole cloves
1 large onion, diced
500 g boneless stewing beef of choice
5 ml ground cumin
5 ml ground coriander
1.25 ml chilli powder
2.5 ml curry powder
2 cloves of garlic, crushed
10 ml ginger
2 dry red chillies (optional)
2.5 ml white pepper
125 ml stock of choice
2 sweet potatoes, cubed
2 carrots, cubed

1 small butternut, cubed
¼ cabbage, shredded
1 small broccoli, cubed
Salt and pepper to taste

METHOD

1. Heat an AMC 24 cm Roaster over a low to medium temperature. Add the oils and butter with the allspice and cloves and heat for a few minutes until fragrant.
2. Add onion, increase the heat to a medium temperature and saute until translucent. Then add meat and braise further in the pan. Add remaining spices.
3. Once fragrant, reduce heat to the lowest setting. Add stock and cover with lid. Cook for 30 minutes or until meat starts to soften.
4. Add all the vegetables, except broccoli. Mix through, cover with lid and cook for another 20 - 30 minutes or until meat and vegetables are tender. In the last 5 minutes of cooking, add the broccoli florets and let it steam. Season well with salt and pepper and serve warm.

TIPS & VARIATIONS:

- If preferred, add chopped, fresh herbs of your choice when adding the vegetables.
- Substitute beef with pork, chicken or lamb. Adjust cooking time as needed.
- If you are using beef that is tough or if you are short on time, this recipe can also be prepared in the AMC Speedcooker II. Adjust the liquid used as you need at least 1 cup (250 ml liquid) to build pressure. The total cooking time would then be about 30 minutes. The stew will be saucier though, so thicken with flour if preferred or serve with a starch.