



Mexican-style beef stew

This hearty beef stew warms you up from the inside. It packs a flavour punch and is the perfect meal to share around a table this winter. You can easily adapt the spicy kick according to your preference. Using the AMC 8 litre Speedcooker® to prepare stewing meat, cuts down on the longer cooking time and still results in tender, tasty meat.

INGREDIENTS

Serves 4 - 6

1,5 kg stewing beef on the bone, cubed and excess fat removed
 15 ml (1 tbsp) olive oil
 2 medium onions, chopped
 2 cloves of garlic, crushed
 3-4 carrots, thickly sliced
 1-2 small red chillies or to taste, chopped (seeded if preferred)
 5 ml (1 tsp) cayenne pepper or to taste
 5 ml (1 tsp) paprika
 10 ml (2 tsp) ground cumin
 10 ml (2 tsp) ground coriander
 250 ml (1 cup) orange juice
 250 ml (1 cup) Rooibos tea or vegetable stock
 1 x 410 g tin chopped tomatoes
 50 ml tomato paste
 30 ml (2 tbsp) chopped fresh oregano
 2 bay leaves
 1 x 410 g tin red kidney beans, drained salt and pepper

TO SERVE

- Tortillas or rotis (see tip)
- fresh ingredients of your choice, like red or orange peppers, tomatoes, avocado and corn
- sour cream or plain yoghurt
- fresh coriander leaves, lime or lemon wedges

METHOD

1. Heat an AMC 8 litre Speedcooker II® with a normal AMC 24 cm lid on, over a medium temperature until the Visiotherm® reaches the first red area. Brown the meat in batches and spoon out.
2. Add the oil and sauté onions, garlic and carrots for a few minutes. Stir in the chillies and spices and sauté until aromatic.
3. Return the meat with orange juice, Rooibos tea or stock, tomatoes and paste with oregano, and bay leaves. Stir through and bring to the boil.
4. Seal unit with Speedcooker® lid according to the instructions. Set cooking indicator to high and once steam starts to escape from pressure setting valve, lower the temperature to maintain pressure at this level. Cook for 1 hour.
5. Remove the unit from the stove. Allow pressure to drop completely before opening Speedcooker II®. To do so, press the red safety valve to release any remaining pressure then slide lid open.
6. Stir in the beans and season to taste. Simmer with the AMC 24 cm lid for another 10 minutes or until heated through.
7. Serve stew with warm tortillas or rotis.

TIP

Heat tortillas or rotis one at a time in a preheated AMC 24 or 28 cm Chef's Pan without any oil until just warmed through. To keep warm, place on a plate and cover with a clean tea towel while heating the rest.