

Slow Bredie

South African mutton/lamb stew

Serves 4 - 6

Ingredients — basic recipe

1,5 kg fat mutton (neck, rib, etc)
2 large onions, diced
2 large potatoes, diced (optional)*
2 chillies (or ½ tsp chilli powder)
and/or 1 green pepper, seeded and chopped
4 cloves
2 cloves garlic, chopped
20ml coriander seeds, crushed
Oil for browning the meat and onions
± 250 ml stock or water
5 ml salt (omit if using commercial stock, add more if using the potatoes)
Vegetables and flavourings – see below



The vegetables and flavourings

Butternut or pumpkin:

1 large butternut, peeled and cut into the chunks/dice as preferred
2 cm piece of fresh ginger, chopped or 1 tsp ground ginger
1 stick cinnamon

Waterblommetjie*

2 litres of waterblommetjies (about 500g without the water)
1 large, sour apple
250ml white wine

What to do

1. Brown the meat in the oil and place it into the slow cooker.
2. Sauté the onions until transparent.
3. Add the spices of choice and cook until fragrant.
4. Add the stock and deglaze the pan and then pour over the meat in the slow cooker.
5. If necessary, add more liquid use your judgement as the bredie doesn't have a lot of gravy. If you are using potatoes, these help to thicken the gravy. If not, you may want to thicken the gravy a



little (with flour or corn starch/maizena) before serving.

6. Cover and simmer until the meat is tender. If cooking in the slow cooker, cover and set it on low and cook for 4 to 5 hours
7. Add the prepared vegetables and cook.
8. Serve with boiled rice and seasonal vegetables if liked.

**To prepare the waterblommetjies:*

- Pick the flowers from the stems and remove the hard parts – not necessary if they are shop bought
- Soak overnight in salted water, drain and wash thoroughly under running water to remove all the grit.
- Place in a saucepan of cold water and bring quickly to the boil. Drain.
- Add to the bredie about an hour before serving.

Notes

A bredie is not a lamb stew, per sé: it always includes a vegetable and spices specific to that vegetable – the ratio of meat to vegetable can be adjusted, depending on your preferences. The recipes here, are my preferred versions of the bredie. The story is [here](#). This recipe is for a slow cooker. Can be done on the hob: cooking time is about 1 ½ hours.

