



TOMATO BREDIE

HEAT LEVEL 

Enjoy the heartiness of our Tomato Bredie - a savory stew with tender meat and tomatoes, simmered to perfection for a comforting and satisfying meal.

1 Hour 35 Mins

4 Servings

INGREDIENTS

45 ml (3 Tbsp) cooking oil
About 1.4 kg lamb knuckles or neck, cut into thick slices
1 large onion, coarsely chopped
80 ml (1/3 cup) Spur Durky Sauce
4 medium tomatoes, coarsely chopped
30 ml (2 Tbsp) tomato paste
5 ml (1 tsp) sugar
125 ml (1/2 cup) Spur Grill Basting
80 ml (1/3 cup) Spur Hickory Basting
250 ml (1 cup) water
5 ml (1 tsp) Spur Seasoning Salt
2 ml (1/2 tsp) Spur Steakhouse Seasoning
30 ml (2 Tbsp) chopped fresh rosemary or 10 ml (2 tsp) dried
4 large potatoes, cut into smaller pieces
5 (about 300 g) medium carrots, sliced

METHOD

- 1 Heat oil in a large heavy-based saucepan or cast-iron pot.
- 2 Add lamb in batches and fry until golden brown.
- 3 Add onion and Spur Durky Sauce and sauté until soft.
- 4 Add all the ingredients, except the potatoes and carrots.
- 5 Bring to a boil, reduce heat and simmer for about 50 minutes.
- 6 Add potatoes and carrots and simmer for a further 20 minutes, or until vegetables are soft.
- 7 Add more water if required.
- 8 If needed, thicken the sauce with a little cornflour and water.
- 9 Serve with basmati or any other starch.

VARIATIONS

- 1 Substitute 400g cherry tomatoes for the tomatoes
- 2 Substitute any other vegetables of choice, such as Brussel sprouts or waterblommetjies, for the potatoes and carrots.

