



TANTALISING LAMB STEW

HEAT LEVEL 🔥🔥🔥

Experience the tantalizing flavors of our Lamb Stew - a hearty and delicious dish that promises to satisfy your taste buds with every savory bite.

1 Hour 20 Mins

6 Servings

INGREDIENTS

45 ml (3 tsp) olive oil
± 1 kg lamb neck slices, 2cm thick
12 pickling onions, peeled, or 1 medium onion, chopped
½ red chilli, seeded and finely chopped (optional)
125 ml (½ cup) Spur Durky Sauce
560 ml (2¼ cups) water
80ml (1/3 cup) dry red wine
30 ml (2 Tbsp) fresh mixed herbs, chopped, or 10 ml (2 tsp) dried herbs
± 5 ml (1 tsp) Spur Steakhouse Spice
Add freshly ground black pepper, to taste
4 large potatoes, peeled and quartered
400 g mixed marrows (including patty pans)
300 g carrots, sliced
15ml (1 Tbsp) cake flour

METHOD

- 1 Place a medium heavy-based saucepan or cast-iron pot over moderate coals. Heat oil in potjie and fry lamb until golden brown.
- 2 Add onions and sauté for a few minutes until soft. Remove the onions from the pot. Add Spur Durky Sauce, water, wine, herbs and seasonings and simmer for about 45 minutes.
- 3 Return onions to pot and add potatoes, marrows and carrots and continue to simmer for a further 20 minutes until soft. Thicken the sauce with a paste of flour and water.
- 4 Serve immediately with steaming rice or for a truly South African meal, serve with "mieliepap".

VARIATIONS

- 1 The lamb neck slices can also be substituted with lamb knuckles, beef or pork.
- 2 Substitute the marrows and carrots with 500 g of other vegetables of choice, such as pumpkin, butternut or green beans.

