



# Tantalising Lamb Stew



TRADITIONAL STEWS ARE DONE IN A CAST-IRON POT, BUT OUR MOUTHWATERING RECIPE CAN ALSO BE DONE IN A HEAVY-BASED SAUCEPAN ON THE STOVE.

## INGREDIENTS

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- 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 (? 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

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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.