



# Tamatie Bredie - Tomato Stew

Tomato bredie is a South African stew, normally made with lamb and is from Dutch origin. “Bredie” is the Afrikaans word for stew and is actually a word of Malaysian origin. The word bredie refers to oriental spinach. Here, tomato is used instead. Other versions include pumpkin, green bean and waterblommetjie (Cape water lily) bredie.

The richness of the sweet and spicy tomato gravy, combined with the melt in your mouth lamb meat, is true comfort food. Serves 6-8.

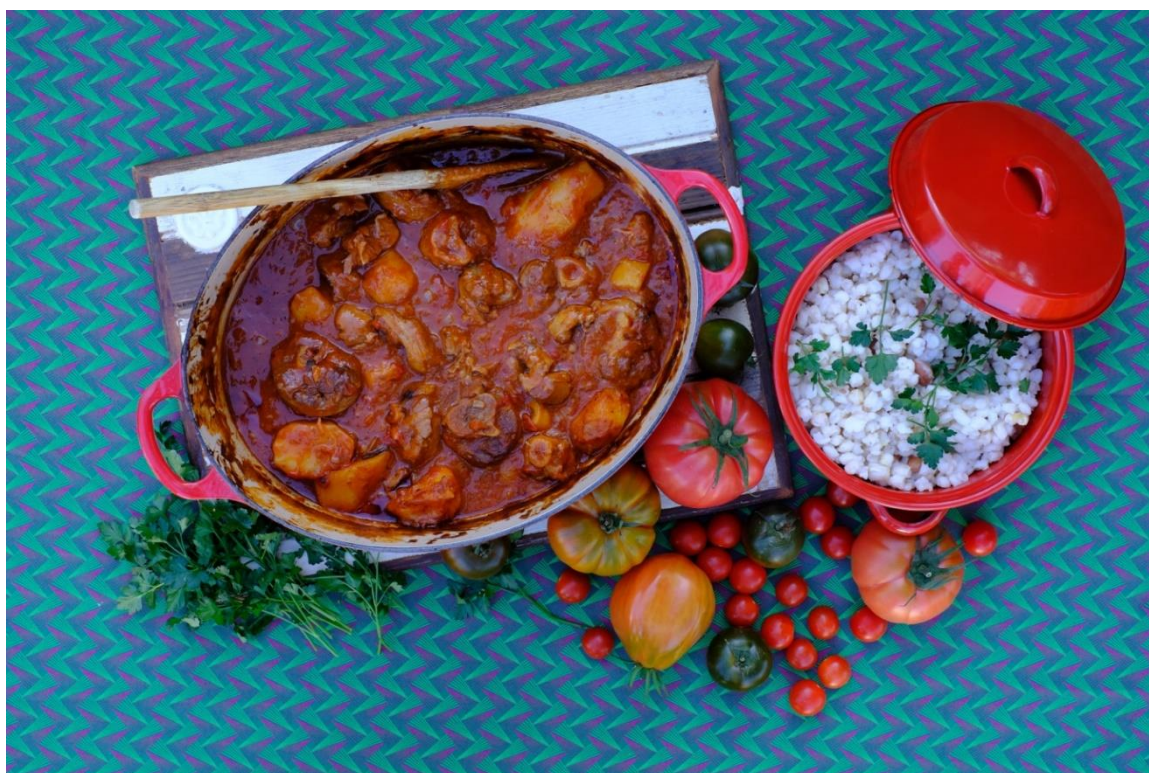


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## Ingredients

- 1,5 kg lamb shanks (sliced in 2cm thick pieces)
- 3 Tbs oil for frying
- 2 medium onions, chopped
- 3 cloves of garlic, crushed
- 2 cm fresh ginger, grated (or ½ tsp ground ginger)
- 2 bay leaves
- 2 whole cloves
- 1 piece stick cinnamon (cassia)
- 3-4 cardamom pods, crushed
- 3 tsp ground coriander
- 3 tsp dried thyme
- 3 tsp dried oregano
- ½ tsp dried chilli flakes (optional)

2 Tbs cake flour  
2 tins (400g each) whole peeled tomatoes, chopped  
or 1kg very ripe tomatoes, peeled and chopped  
1 Tbs tomato paste  
2 tsp sugar  
1 cup of chicken stock/white wine (or ½ each)  
6 medium potatoes, peeled and cut in quarters  
Lemon juice, salt and black pepper to taste

### Method

1. Preheat oven to 180°C.
2. Remove the lid of a large cast iron pot and heat oil. Brown a few pieces of meat at a time to avoid drawing water from the meat. Remove with slotted spoon, set aside and repeat with the rest in small batches.
3. Sauté onions in the meat fat over medium heat, scraping the sticky meat parts from the bottom of the pot, until onions are translucent and soft. Add garlic, ginger, herbs and spices. Sauté and then add the flour. Stir well.
4. Add tomatoes, tomato paste, sugar and stock or wine. Stir and bring to the boil over medium heat. Add meat and stir well.
5. Place the lid on the pot and place in preheated oven. Bake for 1 hour.
6. Remove from the oven. Add the potatoes and bake (with lid on) for another hour, or until the meat and the potatoes are tender.
7. Season to taste and serve with rice or samp to soak up the delicious sauce.

### Variation: Green Bean Bredie

In my opinion, there are two crucial elements to make the perfect green bean bredie: *lamb riblets* and *white pepper*.

Use 1,5kg lamb riblets instead of lamb shanks. Substitute chilli with ½ tsp grated nutmeg and add 1 cup chicken stock/white wine after adding the flour to the onion mix. Add 1 tsp white pepper.

Substitute tomatoes and tomato paste with 1kg green beans, sliced. Add the beans with the potatoes. Thicken the bredie with cornflour, if needed.



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