

WATERBLOMMETJIE BREDIE



By Food lovers recipes

WATERBLOMMETJIE BREDIE

Serves four to six people

1kg – 2kg fresh waterblommetjies

30 ml oil

3 or 4 cloves of garlic, finely chopped

2 large onions, finely chopped

1kg lamb stewing meat cut into chunks

flour to dust the lamb

juice of two lemons

250ml beef stock (and 250ml hot water extra)

salt and freshly ground black pepper

extra lemon wedges for serving

Heat the oil in a large pan. Dust lamb pieces in the flour and brown in the hot oil. Set the lamb aside and brown the onions and garlic in the same pot until they are nice and soft.

Place the lamb back into the pot and add the stock and juice from the lemons. Season with salt and pepper. Reduce the heat and stew the meat with the lid on for about a hour or until nice and tender. You can add more hot water or stock at this point if the liquid gets low while stewing.

Gently place the waterblommetjies on top of the lamb and cover the pot with the lid. Let them “steam” on top of the lamb for

about half an hour. They should still be quite firm but cooked. Don't overcook the waterblommetjies as they will turn into mush.

Serve on rice with extra lemon wedges on the side.

TRIED AND TESTED the above with a slight modification and combination of other recipes:

800g -1kg fresh waterblommetjies

30 ml oil

3 or 4 cloves of garlic, finely chopped

2 large onions, finely chopped

6 large potatoes, cut into quarters

1.5 kg lamb neck chops

flour to dust the lamb

juice of two lemons

250ml beef stock (and 250ml hot water extra)

salt and lots of freshly ground black pepper

Method as per the above.

As you can see its perfect!!

SOURCE: Elsie Templeton