

BROWN SPRINGBOK STEW



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Brown springbok stew pieces in a little oil

Add 2 Bayleaf.

Small piece Star aneese.

4 All spice crushed

10 ml chopped rosemary.

Glass red wine

10 ml garlic/ginger paste

Cook on high heat adding a little water

Add one beef oxo block

Add another glass red wine

Cook meat until tender

Add 2 chopped onions.

As sauce thickens add chopped potatoes

Simmer till cooked...

No salt or any other ingredients where added..

First for me as I usually add lots of condiments but found the flavour very tasty..and the food was delish...

Recipe posted by Andre Arendse

Photo: Andre Arendse