

# CABBAGE BREDIE



**TRIED & TESTED**  
By Food lovers recipes



Caroline du Plessis

## CABBAGE BREDIE

- 1 kg beef cubed bone on
- 2 large red onions, finely chopped
- 4 tablespoons of oil
- 2 teaspoons all spice
- salt to taste
- 1 clove of garlic, peeled and finely chopped
- 1 whole chili, chopped
- 1 head of cabbage, rinsed and chopped
- 8 potatoes, peeled and quartered

In a large pot, on high heat add the oil and onions, chili, all spice and allow to caramelize/brown.

Add the meat and garlic and brown meat well, stirring occasionally, add the salt and pepper, a cup of boiling water

and cook on medium heat until meat is almost tender, about 30 minutes, depending on the cut, stir occasionally to prevent burning adding a little water if needed. Add the potatoes and the cabbage and cook for 30 minutes. Stir occasionally to allow cabbage and potatoes to brown and cook evenly. Cook until potatoes are soft.

Serve with white rice.

Photo and recipe: Reuben K Coskey

2nd photo: Caroline du Plessis – Note: Added 2 ml ground cloves and 2 tsps garlic, grated Caroline du Plessis