

Country Beef Stew

INGREDIENTS

1 Medium Brinjal, cubed
Salt
45ml Olive oil
2 Onions, sliced
2 Cloves Garlic, crushed
1kg Stewing steak, cubed
5ml Paprika
3 Tomatoes, chopped
30ml Tomato paste
500ml Water
2 Sticks Celery, chopped
2 Carrots, sliced
2 Bay leaves

METHOD

In a large pot, heat oil and fry onions and garlic until soft. Remove from the pot and set aside. Add brinjal to the pot and fry for 5min. Remove from the pot and set aside.

Fry steak with Paprika until brown. Add tomatoes, tomato paste, onions, garlic, brinjal and water, and bring to the boil. Simmer covered for 30min.

Add celery, carrots and bay leaves, and simmer for a further 50min.

Remove bay leaves and garnish with fresh parsley.

Serve with cauli rice.



FROM THE  OF: Cornia