

More than 1 hour

Serves 5-6

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Ingredients:

- 1kg lamb, mutton or beef tripe
- 1 cup (250ml) coarse salt, for cleaning (if tripe is not cleaned already)
- 4L water
- 4 bay leaves
- 8 black peppercorns
- ½ cup (125ml) white balsamic vinegar or good-quality white spirit vinegar
- 1/2 cup olive oil
- 2 onions, chopped
- 4 carrots, chopped
- 4 cloves garlic, grated
- ½ tsp (3ml) chilli flakes (optional)
- 1 packet (50g) tomato paste
- ½ cup (125ml) red wine
- 2 cans (400g each) chopped tomatoes or cherry tomatoes
- 1 cup (250ml) beef stock
- 1 Tbsp (15ml) paprika
- Lemon juice, to taste
- Salt and milled pepper
- Pinch sugar, to taste
- 1 can (400g) chickpeas, drained
- Cooked rice, creamy pap, potato mash or crusty bread, for serving

GOOD IDEA

Don't like the aroma? Adding vinegar to the water reduces the smell while cooking tripe.

Method:

1. Rinse tripe under cold water and rub with salt. Set aside for 10 minutes.
2. Rinse well and cut into 5cm strips.
3. Pour water in a large pot or pressure cooker and add tripe, bay leaves, peppercorns and vinegar.
4. Boil for about 3 hours over medium heat or 80-90 minutes in a pressure cooker until tender.
5. Drain and set aside.
6. Heat oil in a pot and sauté onion and carrots for 10 minutes.
7. Add garlic, chilli flakes (if using) and tomato paste and cook for another 2 minutes.
8. Pour in wine and cook until liquid has reduced.
9. Add tomatoes, stock, paprika and lemon juice. Season and add sugar.
10. Add tripe to sauce and simmer for 25-30 minutes.
11. Stir in chickpeas and heat through.
12. Serve tripe with rice, pap, mash or bread.