

More than 1 hour

Serves 4-6

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Ingredients:

- 2-3 Tbsp (30-45ml) olive oil
- Salt and milled pepper
- 1kg lamb stewing meat (like knuckles)
- A little cornflour, for dusting
- 3 onions, chopped
- 4 cloves garlic, chopped
- 1 Tbsp (15ml) smoked paprika (optional)
- ½ Tbsp (7ml) ground coriander
- ½ tsp (3ml) ground cloves
- ½-1 tsp (3-5ml) chilli flakes (optional)
- ½ cup (125ml) red wine
- 2 cans (400g each) chopped and peeled tomatoes
- 1 can (400g) tomato purée
- 1 Tbsp (15ml) brown sugar
- 2 tsp (10ml) soy sauce
- 500g baby potatoes, halved
- ½ cup (125ml) beef stock
- Handful fresh basil leaves, roasted vine tomatoes for serving (optional)
- Cooked rice, for serving

Method:

GOOD IDEA

Swap lamb for beef chuck or goulash, if you like.

1. Heat oil in a heavy bottomed pot.
2. Season meat and lightly dust with cornflour.
3. Brown meat all over, remove and set aside.
4. Reduce heat and sauté onion for 5 minutes.
5. Add garlic and sauté for a minute.
6. Add spices and chilli flakes (if using) and cook for a minute until fragrant, adding a splash of oil if needed.
7. Return meat to pot and add wine to deglaze.
8. Add tomato purée, chopped tomatoes, sugar and soy sauce.
9. Simmer for 1 hour, keeping the pot half-covered.
10. Add potatoes and stock and cook for 30-40 minutes or until reduced.
11. Garnish with basil and vine tomatoes, if using, and serve with rice on the side.