



**Moorddrift**  
**Dairy**

## **TOMATO BREEDIE**

Remember to cook a bredie slowly. The flavour will improve if made a day in advance.  
A great recipe from Ina Paarman's cookbook.

### **INGREDIENTS**

1 kg beef or shoulder of mutton  
2 T (30ml) oil  
1 T (15ml) butter  
2 t (10ml) sea salt  
½ t (2,5ml) freshly ground black pepper  
2 onions, chopped  
6 ripe red tomatoes (or 1 x 400g tin whole tomatoes)  
1 x 70 g tin tomato paste  
1 t (5ml) sugar  
¼ t (1ml) chilli powder  
½ t (2,5ml) paprika  
3 gloves garlic, crushed  
1 t (2,5 ml) paprika  
3 cloves garlic, crushed  
1 t (5 ml) mixed herbs  
1 ½ cups (375 ml) chicken stock  
3 potatoes, diced  
1 T (15 ml) potato flour or maizena

### **METHOD**

Cube the meat. Heat the oil/butter mixture in a big, heavy-bottomed saucepan until the butter discolours.

Add the meat in batches and stir-fry until brown.  
Remove each batch with a slotted spoon and keep aside.  
Season the browned meat with salt and pepper.

Brown the onions in the remaining oil.  
When golden, soft and glazed, add the tomatoes, tomato paste, sugar, chilli, paprika, garlic, herbs, water and stock cube. Bring to a slow simmering boil.

Add the prepared meat. Simmer the bredie very slowly for 2 hours.

Add the cubed potatoes and continue simmering for another half an hour.  
Thicken the gravy with a little potato flour mixed with water.  
The bredie improves with keeping. Prepare a day in advance and leave to mature in the refrigerator.

Reheat and serve with fluffy steamed rice to which a handful of chopped parsley has been added.

**F R E S H E R F O R L O N G E R**

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