



WATERBLOMMETJIE BREDIE – RIEBEEK VALLEY STYLE

Ingredients:

- 1 kg lamb (knuckle or neck)
- Flour to dust meat.
- Olive oil
- 2 onions, chopped.
- 3 garlic cloves
- 1 teaspoon coriander
- 1/2 teaspoon nutmeg
- 2 teaspoons cayenne pepper
- 1 ½ cups lamb stock
- 2 tablespoons soya sauce
- 1.5 kg waterblommetjies
- 500 grams baby potatoes
- Salt and pepper to taste.
- 1 lemon, zested.

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Instructions:

1. Dust meat with flour. Add a splash of olive oil to a casserole dish and bring to high heat.
2. Brown the meat in batches until golden brown. Remove from pot
3. Add the onions and fry until soft. Add the garlic and fry for a further five minutes.
4. Add the coriander, nutmeg, cayenne pepper and fry for a further two minutes. Add the meat back.
5. Add the lamb stock and make sure you deglaze the bottom of the pot to get all the flavour. Add the soya sauce.
6. Close the lid and reduce the heat to medium heat and let cook for 40 minutes.
7. Mix in half of the waterblommetjies and cook for a further 20 minutes.
8. Add the potatoes and the remaining waterblommetjies and cook for a further 30 minutes on low-medium heat.
9. Add the lemon zest five minutes before serving.
10. Decorate with suurings.
11. Cook some extra Waterblommetjies and butter and braise them for garnish at the end, if you want to.