



## **“Kerrieboontjiebredie” recipe to make with your Heerboontjies**

### **Ingredients:**

- Oil or fat to fry with
- 1 – 2kg stewing lamb (rib or neck)
- 1 onion – chopped
- 3 t/spoons curry powder
- 2 t/spoons turmeric
- 2 t /spoons ground coriander
- 2 t/spoons ground ginger
- 2 t/spoons sugar
- 2 t/spoons salt
- 1 t/spoon pepper
- 2 tbl/spoons chutney or vinegar
- 3 tbl/spoons raisins (optional)
- 1 cup chopped apple pieces
- 4 lemon leaves – crushed
- 2 cloves garlic – finely chopped
- 1 cup tomato – peeled & chopped
- 1 cup heerbone – cooked until soft

### **Method:**

- Place heerbone in pot and add double the amount of water. Do not add salt.
- Heat on low temperature and turn off just before boiling point.
- Allow to stand for an hour making sure that it is still covered with water.
- Rinse beans then replace with clean water and simmer until soft.
- Heat a large pot and brown the onion & lamb pieces in the oil or fat.
- Add all the spices together with the raisins & apple to the meat mixture.
- Fry for about 2 – 3 mins.
- Add the lemon leaves, garlic, tomato and a bit of water and cook slowly for about 1 ½ hours until meat is tender.
- Check water content – add if necessary to avoid the dish becoming dry.
- Add the cooked heerbone and cook for a further 30 minutes.

\*\* add some beef stock instead of water to lamb mixture for more flavour