

LALA's WATERBLOMMETJIE BREDIE

(CAPE PONDWEED , WATER HAWTHORN , APONOGETON DISTACHYOS)

Ingredients

1. 1.5 Kg lamb (neck or skenkel or rib meat)
2. 50 ml oil
3. 25 ml butter
4. 8 ml salt, pepper and sugar mix
5. 3 onions chopped
6. 1 cup mutton stock
7. 1 cup white wine (add to mutton stock)
8. 5 garlic cloves chopped or 1 spoon paste
9. 2 chillies OR 1 Jalapeno cut up small (add to chopped onions for frying)
10. 800 gram or two punnets of waterblommetjies
11. 4 potatoes chopped in blocks
12. 50 ml lemon juice
13. 1.5 Cups of rice

Method

In the morning – Break the flowers open and lay in salt water. Rinse a few times in clean water and put back in salt water again

In the afternoon

Get yourself a glass of wine first.

1. Brown the meat with oil and butter in black pot
2. Take out meat and spice with salt mix
3. Saute the onion in the pot with chillies and garlic
4. Add the stock and white wine mix
5. Bring to boil and add back meat and simmer until meat soft (Fill your glass)
6. Add the waterblommetjie, potatoes and lemon juice and simmer slowly
7. You can switch the pot off and let stand and warm at eating time. (did you remember to cook the rice ?)

“ ‘N POT IS NIE GAAR AS JY NIE GAAR IS NIE !!”

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