

Lamb Bredie: South African Lamb Stew

By Cookist

Total time: 70 Min Serves: 4 people

Ingredients

LAMB RIBS, CUT INTO RIBLETS, FAT TRIMMED- 2 1/4 pounds

OIL-2 tbsp

LARGE ONION, CHOPPED-1

CELERY, CHOPPED-2 sticks

LARGE SWEET POTATO, GRATED-1

SMALL CABBAGE, SHREDDED-1/4

LAMB STOCK-1 cup

SALT-1 tsp

WORCESTERSHIRE SAUCE-2 tbsp

TOMATO PUREE-1 tbsp

MEDIUM SWEETPOTATOES, PEELED AND COARSELY CHOPPED-3

MEDIUM CARROTS, PEELED AND CHOPPED-3

BROCCOLI FLORETS-1 cup

BRUSSELS SPROUTS-1/2 cup

GREEN BEANS-1/2 cup

If you love a succulent stew filled with tender, fall-off-the-bone meat, you'll love lamb bredie. This flavorful South African stew is super easy to make and is packed with hearty, healthy vegetables and tender lamb meat in a thick, rich gravy.

How to Make Lamb Bredie

Making this amazing stew is so easy. Start by browning the lamb meat in your pressure cooker. Take out the lamb, then set it off to the side. Fry the onions and celery until they become soft. Mix the stock into the pot, and add the lamb, potatoes, and cabbage to the pot.

Cook it for a few minutes, then add the Worcestershire sauce and tomato puree. Add in the salt then secure the lid and cook the stew on high for half an hour. Release the pressure, stir the sauce, then add in the veggies. Close the lid and cook the stew on medium pressure for 10 minutes to cook the veggies.

Release the pressure and serve the lamb bredie with rice and plenty of warm crusty bread.