



Curried Chevron Stew

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Makes	30 tastes in the classroom	From the garden:	Onions, tomatoes, parsley garlic, thyme, spring onions
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Equipment	Ingredients
<ul style="list-style-type: none"> ▪ Measuring cups and spoon ▪ Chopping board ▪ Non slip mat ▪ Large stock pot ▪ Large pan ▪ 2x cooks knives ▪ 	<ul style="list-style-type: none"> ▪ 1 kilogram diced goat ▪ ½ cup cooking oil ▪ Pinch salt ▪ 1 extra chopped onion (to boil with meat) ▪ 1 teaspoon minced garlic ▪ 1 teaspoon minced ginger ▪ 1 medium onion sliced ▪ 4 'Roma' tomatoes diced ▪ 2 -3 teaspoons curry powder ▪ 1 teaspoon white pepper ▪ 1 teaspoon smoked paprika ▪ 1 teaspoon fresh chopped thyme ▪ 2 tablespoons parsley ▪ 2 sliced spring onions ▪ 1½ cups beef stock

What to do

1. Place goat in large stock pot and cover with water and boil goat meat with salt, pepper and additional onion in a medium pot until tender. It will take approximately 60 minutes.
2. Add ¼ cup of oil to large pan and add goat meat and cook for about 5-10 minutes.
3. Then, add the chopped onions, ginger, and garlic to the oil. Continue frying the meat but be careful not to let the garlic burn.
4. Next add the diced tomatoes, curry, white pepper, smoked paprika, and fresh thyme. Stir frequently to prevent sticking to the pan.
5. Add beef stock. Bring to the boil and let simmer for 20-30 minutes. Stir occasionally, adding water if needed.
6. Finally add the spring onions.
7. Serve hot.

Bottom Drawer

Did you know? Chevron is the name for goat meat, just as beef is the word for meat from cows. Goats are fantastic animal, and can provide milk, meat and money for families in harsh African landscapes. They are well adapted to these environments, and unlike other animals that provide alternative meat sources, they will feed on weeds and shrubs and other plants that animals like domesticated cattle and sheep refuse to eat.

