



Day 22
Serves: 6
Preparation time:
15 min
Cooking time:
2 hours

Ingredients:

- 1kg brisket cut into 15mm slices
- 1 tablespoon (15ml) cooking oil
- 1 large onion, sliced
- 1 IMANA Beef Super Stock Cube
- 1 teaspoon (5ml) coarsely ground black pepper
- 1 teaspoon (5ml) mixed herbs
- 1 teaspoon (5ml) brown sugar
- 2 tablespoons (30ml) vinegar
- 340ml beer
- 2 cups (500ml) shredded cabbage
- 3 potatoes, peeled and quartered
- 3 tablespoons (45ml) IMANA SUPER-SHEBA Steak & Chops Stew Mix

Method:

1. Brown meat in heated oil, add onion and fry for a few minutes. Season with crumbled IMANA Beef Super Stock Cube, pepper, mixed herbs and sugar.
2. Heat vinegar and beer and pour over meat.
3. Reduce heat, cover and simmer for 1 - 2 hours.
4. Add cabbage and potato and simmer until vegetables and meat are tender.
5. Stir in IMANA SUPER-SHEBA Steak & Chops Stew Mix to thicken the sauce. Simmer for 5 minutes. Serve with pap or rice.

TIP:

If you are not a beer fan replace it with a 340ml Coke.

This Recipe Uses

