

Seswaa Seswaa (African beef stew)



Ingredients

- 1 kg slow cooking beef (beef chuck on the bone)
- 1 whole onion (optional)
- 3 bay leaves
- Salt to taste
- Black pepper (optional)
- Water (enough to just cover the meat)

Preparation

Pre heat the oven to 160 degrees Celsius. Cut the meat into large chunks then brown in a dish suitable for slow cooking in the oven such as a cast iron casserole dish.

Add the whole peeled onion, salt, cracked black pepper, water and bay leaves. Bring to the boil then cover and place into the oven for 4 hours.

After 4 hours, remove from oven and place onto the stove burner in order to cook off most of the remaining liquid.

Use a wooden spoon to pound or mash up the meat, the meat should fall apart quite easily. and will appear shredded. You may brown the meat further if desired.

Check seasoning then serve with polenta