

## Tomato Bredie

Oscar · 29/09/2024

**Prep Time**

2 hrs 45 mins

**Difficult**

Medium

**Servings**

6

### Description

Tomato bredie is a popular South African meal and good winter fare. Bredie is an old Cape name for a dish of meat and vegetables stewed together so that the flavors intermingle. The gravy is rich, thick, and full-bodied and obtained by using meat with a fair amount of bone and fat, rolling it in flour, and browning it before the vegetables are added. The flavor improves if left a day or two before eating. Nice with brown rice.

### Ingredients

- 1 tablespoon vegetable oil - 3 ½ pounds lamb or mutton breast chops
- chopped into portions - 2 tablespoons cake flour - 1 large onion
- chopped - 2 ¼ pounds fresh tomatoes
- chopped - 1 tablespoon white vinegar - 2 bay leaves - 1 cube beef bouillon cube - 1 teaspoon salt - 1 teaspoon brown sugar - 6 whole white peppercorns - ½ teaspoon freshly ground black pepper - 1 dash Worcestershire sauce - 2 medium potatoes
- quartered (Optional)

### Instructions

1. Heat oil in a large
2. heavy-bottomed saucepan over medium-high heat. Dredge lamb in flour; shake off excess. Cook lamb in hot oil until browned all over. Transfer lamb to a plate
3. reserving drippings in the pan. Cook and stir onion in drippings until soft
4. about 5 minutes. Mix in tomatoes. Return lamb chops to the saucepan; season with bay leaves
5. bouillon
6. salt
7. brown sugar
8. white peppercorns
9. black pepper
10. and Worcestershire sauce. Cover
11. reduce heat
12. and simmer for 1 hour and 15 minutes. Stir occasionally
13. making sure nothing sticks to the bottom of the pan. Stir in potatoes; continue cooking until potatoes are cooked and meat is tender
14. about 45 minutes more.