

## AUTHENTIC BANTING CAPE MALAY TAMATIE BREDIE

### INGREDIENTS

15-20 pieces Lamb/Mutton

2 Sweet Potatoes

3 Onions

200g Tomato Paste

3 Tbsp Olive Oil

1 Tbsp Ground Black Pepper

To taste Salt

2 Tbsp Xylitol

### OPTIONAL:

2 Whole Chillies

To taste Fresh Garlic

### METHOD

Peel and cut the sweet potatoes into cubes. Chop up the onions, chilli (optional) and garlic (optional)

In a large pot on high heat , heat the oil and add onions and fry till translucent, then add the meat and fry with the onions till very brown. This will intensify the colours and flavours.

Next add the black pepper and salt and whole chillies (optional) and garlic (optional). Add a cup of warm water and simmer the meat on medium heat until the water has cooked away. Repeat this process two or three times, until the meat is very tender.

Next add all the tomato paste and then add the xylitol. Please note that the xylitol is very important to balance out the acidity of the tomato, so do a taste test and add more if needs be, but in small amounts as it is very sweet and you could add to much very quickly. Do not add any more water, and leave it on the medium heat. Allow the tomato paste to cook though and infuse into meat by stirring it while braising.



After about 5 minutes add your sweet potatoes and a cup and a half of warm water and cook on medium to high heat for 10 minutes stirring once or twice, then allow to simmer for another 10 minutes until the sweet potatoes are nice and tender.

Add a little psyllium husk to thicken if necessary.

