

# WATERBLOMMETJIE BREDIE

## MURATIE TEAM

BY OFFICIAL GRANT OF  
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1685

GOVERNOR OF THE  
CAPE OF GOOD HOPE

# MURATIE

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### INGREDIENTS

- 1 kg mutton (a combination of platrib, dikrib and sheeps' tails)
- 2,5 kg *waterblommetjies*, cleaned
- 500 g potatoes, peeled and cut into wedges
- 1 onion roughly chopped
- 1 clove of garlic finely chopped
- A bunch of wild sorrel, finely chopped
- 250 ml hot water
- 15 ml brown vinegar
- A pinch of grated nutmeg
- Salt and freshly ground black pepper to taste
- Lemon for serving

### METHOD

- Use a heavy-bottomed cast-iron pot with a lid
- Season the meat with the brown vinegar, salt, pepper and nutmeg
- Braise the meat, onion and garlic in a little water until tender
- Add the *waterblommetjies* and wild sorrel and place the potatoes on top
- Season with salt, pepper and nutmeg to taste and add the 250 ml hot water
- Cover with the lid and simmer until tender. Keep hot water handy should you need more moisture – don't let the contents cook dry or turn into a soup.
- Don't stir the pot during the cooking but only before serving to mix the meat, potatoes and *waterblommetjies*
- Serve with rice and lemon wedges.

### CLEANING THE WATERBLOMMETJIES

Soak the *waterblommetjies* overnight in salt water and rinse thoroughly. Remove all sand and dirt as well as the harder parts from the flowers and the leaves.

### THE MEAT

If using mutton tails, don't exceed the weight of the meat as specified in the recipe. If using lamb, braising will be much quicker. The success of this stew is the marriage between the fat of the meat and the *waterblommetjies*.