



Tomato Bredie

Introduction:

There is nothing better than a piping hot stew for dinner enjoyed with a nice glass of red wine when it's cold and rainy outside.

This recipe was shared by Rhodes foods. It also features on their website [Rhodes](#). Click here for more Rhodes recipes.

Ingredients

2 kg lamb knuckles/shanks cut into 2.5 cm pieces
80-100 ml flour
50 g butter
30 ml olive oil
2 large onions, chopped
2 garlic gloves, chopped
1 large carrot, grated
2 celery sticks, chopped
2 x 410 g Rhodes Whole Peeled Tomatoes
250 ml dry red wine
250 ml fresh herbs, chopped
20 ml chutney
100-200 ml water
salt and pepper
rice (to serve)

Method

Start Cooking: Dust the lamb with the flour and season with salt and pepper.

Heat half of the butter and olive oil in a large pot and fry the lamb in small batches until golden brown. Remove from the pot and heat the remaining butter and oil.

Fry the onions, garlic, carrot and celery for about 3-5 minutes. Put the lamb in with the vegetables and add the Rhodes Whole Peeled Tomatoes, red wine, herbs and chutney. Stir well and add a bit of the water if necessary. Put the lid on and simmer for 1-2 hours.

Season to taste and serve with rice, garnished with herbs.

Serves 4-6

Chef's hint:

Use whole shanks instead of pieces – remember to adjust the cooking time.
Substitute Rhodes Whole Peeled Tomatoes with Rhodes Tomato, Basil & Origanum.

Substitute the dry red wine with beef stock.