

Nkatsenkwan (Groundnut Stew)

INGREDIENTS

For the chulé sauce:

14 ounces canned or 18 ounces fresh tomatoes

2 red bell peppers

1 ounce or 2 tablespoons tomato purée

1 small white onion roughly diced

1/2 teaspoon dry chili flakes

1 small scotch bonnet (use half and de-seed if you have a low heat tolerance)

Salt to taste

For the stew:

4 1/2 pounds mixed bone-in lamb (or mutton) neck and shoulder, cubed

2 1/4 cups water or good-quality vegetable stock

1 onion, finely diced

1 (2-inch) piece fresh root ginger, grated (unpeeled if organic)

1 garlic clove, crushed

8 green kpakpo shito (cherry) chillies, or substitute 1 to 2 Scotch Bonnet chillies, pierced, according to desired level of heat

1 tablespoon extra-hot chilli powder

1 tablespoon curry powder

2 teaspoons sea salt

1 teaspoon freshly ground black pepper

2 1/4 cups uncooked chulé sauce (recipe above)

3 1/2 to 7 ounces organic peanut butter, depending on how thick you want it

1 red Scotch Bonnet chilli, pierced

3 tablespoons crushed roasted peanuts or gari, to garnish

INSTRUCTIONS

For the chulé sauce:

Blend all to a smooth consistency.

Make the stew:

Put the sheep into a huge, weighty based pot, cover with the deliberate water or stock and add the onion, ginger, garlic, kpakpo shito chillies, bean stew powder, curry powder, ocean salt and dark pepper. Bring to the bubble, then, at that point, decrease the intensity and stew over a medium intensity for 25 minutes until the

sheep juices run clear, skimming off any foam that ascends to the surface.

Mix in 2 1/4 cups of the chulé sauce and afterward add the peanut butter 1 tablespoon at a time until it has generally broken down.

Add the punctured Scotch Cap and cook for a further 45 minutes to 1 hour over a low intensity, blending consistently so the sauce doesn't adhere to the skillet, until the nut oil has isolated and ascended to the top, and that implies that it's finished. You ought to have a soupy consistency and super-delicate meat falling away from the bone.

Present with your decision of side dish or with squashed simmered peanuts or gari sprinkled on top.