

Goat Ragu with Prekese

The motivation for this recipe came from Josie, the Graduate school Secretary while I was at the College of Greenwich concentrating on my LLB. I've never cooked ragu with ground meat since Josie told me the secret to her Italian family's slow-cooked steak ragu with mashed broccoli and garlic! The expansion of guinea peppers and prekese to the stew gives it a specific lift and profundity of Ghanaian flavor as well as a heap of medical advantages - look at my article on Prekese on TODAYSHOW for more. This is a low and slow cook, however it merits the stand by. In the event that you can't find Goat meat go for some lamb or hamburger brisket.

SERVES 4

Ingredients

1 tablespoon sunflower or rapeseed oil

2 onions, diced

3 garlic cloves, finely slashed or ground

3 narrows leaves

1 tablespoon slashed rosemary

1 tablespoon dried bean stew chips

1 teaspoon ground nutmeg

1 teaspoon dried oregano or dried blended spices 1 teaspoon sugar

450g (1lb) boneless leg of youngster goat, cubed

great touch of ocean salt and

1 teaspoon coarsely ground Crocodile Pepper, or more to taste

150ml (5fl oz) red wine 2 tablespoons tomato purée

10 huge plum tomatoes, diced, or 400g (14oz) can plum tomatoes

8 guinea peppers, aired out

1 medium estimated prekese (just cut the units into pieces and eliminate prior to serving or you can crush it and add it your cooking in powder structure)

175ml (6fl oz) great quality hamburger stock, or around 100ml (3.fl oz) if utilizing new tomatoes

2 carrots, stripped (on the off chance that not natural) and ground

twig of basil, to decorate

Mashed BROCCOLI

2 heads of broccoli, cut into pieces (counting stems)

cooking salt 25g (1oz)

Flavored Baobab Spread (1/2 teaspoon Baobab Powder and 1 teaspoon cayenne pepper added to 30g salted margarine)

2 garlic cloves, finely cleaved

Heat the oil in a huge, weighty based pot over a medium-low intensity, add the onions and delicately sauté for 6-7 minutes until delicate and clear.

Mix in the garlic, sound leaves, rosemary, prekese, bean stew chips, nutmeg, oregano or blended spices and sugar and sauté for a further 3 minutes.

Increment the intensity to medium-high, add the youngster goat and pass on to brown for a couple of moments, then, at that point, season with the ocean salt and pepper.

Pour in the red wine and mix to deglaze the container, scraping up all the buildup from the base, then add the tomato purée, tomatoes and guinea peppers and top up with the hamburger stock. Bring to the bubble, then, at that point, diminish the intensity, cover and stew for 2. hours.

Around 20 minutes before the finish of the cooking time, mix in the ground carrots and check the flavoring, adding additional ocean salt and dark pepper whenever required.

At this point, cook the broccoli in salted boiling water for 4 to 5 minutes, or until it pierces easily with a fork. Use a fork to loosely mash the meat with the garlic and butter.

Before transferring the ragu to a large bowl for people to share, remove and discard the prekese and guinea pepper pieces. Decorate with the basil and present with some warmed cut roll and squashed broccoli. Delicious!