

Mixed Meat Stew Recipe

Ingredients: Serves 4

175g trimmed lean stewing beef
175g boned and trimmed pork, preferably from the leg
175g skinned and boned chicken thighs
175g fresh spicy sausage
4 tablespoons sunflower or light olive oil
1 large onion, halved and finely sliced
4 large garlic cloves, crushed
4cm piece root ginger, grated
1 teaspoon ground turmeric
1 chicken stock cube
1 beef stock cube
450ml warm water
6 whole cloves
2 x 5cm pieces of cinnamon sticks, halved
175g potatoes, peeled and cut into 2.5cm cubes
1 teaspoon ground cumin
150ml single cream
½ teaspoon salt
½-1 teaspoon freshly milled black pepper
boiled basmati rice, to serve

Method:

Cut the beef, pork and chicken into 2.5cm cubes. Grill the sausages until well browned. Cool and cut each into 3-4 pieces. Put the beef in a saucepan and add 125ml water. Gradually bring to the boil over a medium heat. Cover the pan and cook for 15-20 minutes or until the beef is completely dry. Remove from the heat and set aside. Heat the oil over a medium heat in a heavy-based saucepan and fry the onion until it is soft but not brown. Add the boiled beef, pork, garlic, ginger and turmeric. Stir and fry for 3-4 minutes. Add the stock cubes blended with the warm water, cloves and cinnamon. Bring to the boil, cover the pan and simmer for 20 minutes. Add the chicken and bring back to the boil. Cover and simmer for 10 minutes. Add the potatoes, sausages and cumin. Cover and simmer for 20-25 minutes or until the potatoes are tender. Add the cream, salt and pepper, stir and mix well. Simmer uncovered for 5-6 minutes, then remove from the heat. Serve with plain boiled basmati rice.