

SLOW-COOKING festival

OXTAIL STEW

Heat 2 tbsp (30ml) oil in a heavy-bottomed pot until smoking hot. Season 1.5kg oxtail meat with salt and pepper and brown all over. Set aside. Sauté 2 chopped onions for 5 minutes or until softened. Add 4 cloves sliced garlic, 5 sprigs rosemary, 5 sprigs thyme and 2 bay leaves and cook for another minute.

Deglaze the pan with 1 cup (250ml) red wine and cook for a minute.

Return meat to pot. Add 2 tsp (10ml) Worcestershire sauce, 1 can (400g) tomatoes and 1 tsp ground cloves. Add 5-6 cups (1.25-1.5 Litre) beef stock, cover and simmer for 1-2 hours or until meat is tender. Add 2 punnets (200g each) baby carrots, 1 punnet (200g) fine green beans and 1 punnet (400g) button mushrooms and simmer for 10-15 minutes or until cooked through. Serve oxtail stew on mashed potato. SERVES 4.

COTTAGE PIE

A healthy take on a classic home-style dish.

Heat 1 tbsp (15ml) oil in a large pan and sauté 1 diced onion until soft. Add 2 diced carrots and cook for a few more minutes. Add 2 cloves of crushed garlic and fry until fragrant. Add 500g mince and 2 sprigs rosemary, stirring to break up any lumps. Cook for 10 minutes. Add 1 can (400g) lentils, 1 tbsp (15ml) tomato paste,

1 can (410g) chopped tomatoes, ½ cup (125ml) beef stock and 1 tsp (5ml) sugar, then cover and simmer for 30 minutes. Season with salt and pepper.

Steam 2 heads of cauliflower until tender.

Purée cauliflower with some nutmeg and 30ml olive oil until smooth. Spoon mince into an ovenproof dish, spread cauliflower mash on top and bake for 20 minutes or until golden. SERVES 6.

winner Sunday Times

food AWARDS tried+tested

BUY 2 SAVE 20%

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FROM R169⁹⁹
PnP Simply Cook Assorted 1kg Each

OR



PnP Beef Oxtail Per kg



R38
PnP All Purpose Potatoes 3kg



R12⁹⁹
PnP Bay Leaves 10g Refill



R18⁹⁹
SAVER1
PnP Worcestershire Sauce 250g



WAS R115
R95
SAVE R20
Beyerskloof Synergy 750ml

PRICES VALID 5 - 18 AUGUST 2019



R89⁹⁹
Per kg
PnP Bulk Lean Beef Mince



ANY 2 FOR R20
SAVER7
PnP Whole Peeled, Indian or Mexican Tomatoes 400/410g



BUY 2 FOR R9
PnP Tomato Paste 50g Sachet



R35
SAVER8
Ina Paarman's Concentrated Liquid Stock Assorted 200g Each



R109⁹⁹
SAVE R40
PnP Extra Virgin Olive Oil 1 Litre



WAS R125
R110
SAVE R15
Neil Ellis Cabernet Sauvignon Merlot 750ml

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