

Springbok Neck Stew

Ingredients:

- 1.5kg Springbok neck (could also use lamb neck)
- Seasoned almond flour to coat neck pieces
- Olive oil, duck fat or lard (to brown meat)
- 3 onions chopped
- 3 cloves garlic chopped fine
- 2 carrots cut into thin slices
- 10ml coarse salt
- black pepper to taste
- fresh rosemary
- 250ml red wine
- 500ml stock
- Dried apricots
- Star anise
- Bay leaf



Method:

1. Dust the Springbok neck lightly with the almond flour. Sauté in a heavy pot (it should have a well fitted lid)
2. Add herbs, salt, black pepper, red wine and stock.
3. Add onions, garlic and carrots.
4. Cover and simmer very gently on the stove for 2 1/2 to 3 hours until the meat is soft or cook covered in an oven at 160 degrees Celsius.
5. It is very important that the meat cooks slowly. Vension becomes tough and leathery when cooked too fast.
6. Towards the end of the cooking time, take off lid and add dried apricots.
7. Serves 4 to 6 people