

Caribbean Pepperpot Stew

REF:

Serves: 2

Cuisine: Caribbean

Preparation time: 10 Minutes

Cooking time: 35 Minutes

Ingredients:

300g	Rump steak, trimmed and cut into 2.5cm chunks
2 tsp	Garlic and ginger paste
1 tbsp	Jerk paste
2 tsp	Olive oil
1	Red onion, chopped
2 sprigs	Fresh Thyme, leaves picked, plus extra sprigs to serve
1	Red pepper, deseeded and chopped
1	Medium sweet potato, cut into bite-sized chunks
½	Beef stock cube
4	Okra, chopped
400g	Tin butter beans
200ml	Light coconut milk
50g	Kale, chopped

Method:

1. In a bowl, toss the beef with half the garlic and ginger paste and ½ tsp of jerk paste then season with black pepper.
2. Heat half the oil in a medium casserole. Add the beef and fry over a high heat for 3 minutes, or until browned. Remove and set aside.
3. In the same pan, heat the remaining oil and garlic and ginger paste. Add the onion and cook for 5 mins, stirring often.
4. Stir in the remaining jerk paste, thyme, red pepper and sweet potatoes. Cook for 2 minutes then crumble in the stock cube.
5. Add the okra, butter beans and the coconut milk (if the veg is not submerged in liquid, add enough water to just cover). Simmer for 15-20 minutes until the potatoes are tender and the sauce has reduced.
6. Tip in the kale and reserved beef and cook for 12 minutes until the beef is hot through and the kale has wilted.
7. Season to taste. Scatter over a little extra thyme, if you like.

To Serve:

Straight from the pot.

Chef's Notes: