

## Waterblommetjie Bredie

*Waterblommetjies Bredie is a typical Western Cape delicacy that can only be enjoyed from July to September. It is a stew and the name comes from the Afrikaans language. It means “stew of small water flowers” and it is traditionally made with lamb or mutton. Only the flowers are used and not the long stalks of this aquatic plant (The Scientific name Aponogeton distachyos.) The water flower itself is an indigenous plant which is harvested from dams and marshes in the Boland region.*

*What can you expect to experience when you enjoy this heart-warming meal? The texture of the flowers resemble miniature artichoke leaves (if it is not overcooked), but in the flavour is a hint of green beans served with a splash of lemon.*

*The big hidden secret of a mouthwatering waterblommetjie bredie is spelled SIMPLICITY. All you need is salt, pepper, onions, lamb or mutton and then the special ingredient, waterblommetjies. Like in all good South African stews, it is important to use on-the-bone, fatty lamb cuts. The deep flavour of the bredie you get is from browning the meat well.*

*Maybe there is one more secret: TIME! The flavours of this delicacy needs to develop over slow heat. Waterblommetjie bredie will definitely not be found on the menu of a fast-food restaurant.*

### Ingredients

- 1 kg waterblommetjies
- 30 ml oil
- 15 ml butter
- 1 kg lamb/mutton pieces (shin, neck, shoulder or a mixture)
- 4 large onions, chopped
- 3 cloves garlic, minced/crushed
- 5 ml chilli flakes/powder
- 5 ml grounded coriander
- 2,5 ml grounded ginger
- 125 ml dry white wine
- 250 ml chicken stock (or lamb stock if you have)
- 15 ml white wine vinegar
- 5 ml grounded salt
- 5 ml grounded black pepper
- 2,5 ml grounded nutmeg
- 3 potatoes, peeled and diced
- 30 ml fresh lemon juice and the zest of the lemon or a few stalks of wild sorrel/suring (well-washed and finely chopped).





Trim the stalks from the waterblommetjie buds or flowers and remove any damaged leaves. Wash well. Rinse and put into a bowl of water to which 60 ml salt has been added. Leave to soak for a minimum of 3 hours (or overnight).

Heat the butter and oil and brown the meat a few pieces at a time. Return all the meat to the pot and add the onions, garlic, chilli, coriander and ginger.

Add the wine, stock and white wine vinegar and then cover and cook gently for 1½-2 hours, or until the meat is tender. Periodically add more liquid and shake the pot to prevent the meat from sticking to the bottom.

Season with salt, pepper and nutmeg. Add the diced potatoes and simmer for another 20 minutes.

Drain and rinse the waterblommetjie buds or flowers and add to the meat with the lemon juice and zest or the chopped sorrel/suring. The flowers are cooked when they still have a soft crunchiness to them.

If there is too much moisture, cook uncovered until the consistency is right. Skim off any excess fat before serving.

Serve with plain white rice.

**TIP:** If you feel to garnish this traditional dish, use chopped parsley and some small white, baby waterblommetjies.