African Style Tripe With Trendy Pap

Cooking time	150 mins
Preparation time	50 mins
Serves	6

This hearty and delicious African style tripe is served with a trendy pap to give a South African favourite a contemporary twist.

Ingredients

- 1kg sheep or beef tripe
- 60ml oil /olive oil
- 1 large onion finely chopped
- 3 cloves garlic crushed
- 2 carrots peeled and chopped
- 1 can chopped tomatoes
- 2 cans chickpeas drained
- 1 packet of Royco® Beef and Rosemary Wet Cook-in-Sauce
- 1 litre of water
- salt and pepper to taste
- fresh parsley to garnish
- TRENDY PAP INGREDIENTS:
- 2 litres water
- 2 tbsp Royco® Cream of Chicken Packet Soup
- 350g white star super maize meal
- 1 carrot grated
- handful green beans chopped
- 2 zucchinis chopped
- 50g butter
- 125ml grated cheddar cheese
- black pepper
- WALDORF SALAD INGREDIENTS:
- Apples chopped
- 2 sticks celery sliced
- handful toasted walnuts
- grapes
- lettuce chopped

- fresh parsley chopped
- 1 cup mayonnaise

Vegetarian

Instead of tripe add chunks of peeled butternut and reduce the cooking time until the butternut can easily be pierced with a fork.

Family Friendly

If tripe is a favourite from your childhood, it's time to share your memories with your kids and make new ones over this traditional feast.

Method

1. Heat oil in a deep heavy based pan and sauté onion, then add garlic and carrots and sauté for 3 minutes
2. Add tripe, water, tomatoes, chickpeas and Royco® Beef and Rosemary Wet Cook-in-Sauce and cook for 1 hour or until tripe is tender
3. Season with salt and pepper

TRENDY PAP METHOD

1. In a pan bring water and Royco® Cream of Chicken Packet Soup to the boil
2. Add the vegetables and cook for 3 minutes, then slowly add the maize meal using a hand whisk to stir
3. Cover and cook for 15 minutes and keep stirring continuously (at this stage use a wooden spoon to stir)
4. Add butter and cheese and pepper
5. Tip the pap into a lightly oiled glass dish and flatten with a wet spoon
6. Slice pap and serve with tripe
7. garnish with parsley

WALDORF SALAD METHOD

1. Mix all ingredients together
2. We can add steamed bread on the menu
3. Clean the tripe and remove any excess fat Cook tripe for 2 hours in 2 litre water with onion that is roughly chopped and 2 tablespoons of vinegar

Recipe Tags

Wet Cook In Sauce, Stew Mix, Beef, Lamb, Meat and Veg

Related Recipes

One Pot Wonder

Cooking time

60 mins

Preparation time

20 mins

Peachy Chicken Casserole

Cooking time

90 mins

Preparation time

15 mins

Beef Stew

Cooking time

60 mins

Preparation time

25 mins

Hearty Beef Stew

Cooking time

30 mins

Preparation time

30 mins

Oxtail Casserole

Cooking time

120 mins

Preparation time

15 mins

Lamb Tray Tagine

Cooking time

180 mins

Preparation time

20 mins



Rich and Tasty Beef Stew

Cooking time

90 mins

Preparation time

30 mins

Beef Stew with Soft Dumpling

Cooking time

90 mins

Preparation time

30 mins

Quick and Easy Spicy Chicken Stew

Cooking time

30 mins

Preparation time

20 mins

Umleqwa Served With Beans and Pap

Cooking time

90 mins

Preparation time

25 mins

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