

African Style Tripe With Trendy Pap RECIPE

# **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.

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### **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

Products used



Beef Casserole with Rosemary Wet Cook-In Sauce

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Cream of Chicken Soup

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#### 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. 1.

Heat oil in a deep heavy based pan and sauté onion, then add garlic and carrots and sauté for 3 minutes

2. 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. 3.

Season with salt and pepper

#### TRENDY PAP METHOD

1. 1.

In a pan bring water and Royco® Cream of Chicken Packet Soup to the boil

2. 2.

Add the vegetables and cook for 3 minutes, then slowly add the maize meal using a hand whisk to stir

3. 3.

Cover and cook for 15 minutes and keep stirring continuously (at this stage use a wooden spoon to stir)

4. 4.

Add butter and cheese and pepper

5. 5.

Tip the pap into a lightly oiled glass dish and flatten with a wet spoon

6. 6

Slice pap and serve with tripe

7. 7.

garnish with parsley

#### WALDORF SALAD METHOD

1. 1.

Mix all ingredients together

2. 2.

We can add steamed bread on the menu

3. NB:

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

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### **Hearty Beef Stew**

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30 mins

Preparation time

30 mins

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#### **Oxtail Casserole**

Cooking time

120 mins

Preparation time

15 mins

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# **Lamb Tray Tagine**

Cooking time

180 mins

Preparation time

20 mins

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#### **Rich and Tasty Beef Stew**

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# **Umleqwa Served With Beans and Pap**

Cooking time

90 mins

Preparation time

25 mins

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