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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.

## 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 tbsps 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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