

XCentric Ideas



.. stews ...

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by

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Three bean stew

30 minutes

1 large onion, finely chopped
1 teaspoon garlic, crushed
olive oil
1 tablespoon cumin powder
1 cup boiling water
1 x 400g tin chopped tomatoes
1 x 200g tin kidney beans, drained, rinsed
100g fresh green beans, chopped
1 x 200g tin cannellini beans, drained, rinsed
salt & pepper to taste
100g fresh spinach, washed & roughly chopped



On stove in pot, cook the onion & garlic in a little olive oil until softened. Add the cumin and cook for a minute. Tip in the tomatoes, water, kidney beans, cannellini beans, green beans - cover & simmer on low heat for 30 minutes, until thickened.

Add the spinach, salt & pepper & cook covered for 5 minutes till nice & thick.

Serve with crusty bread, rice, couscous.

Sausage and apple stew

30 minutes



1 packet boerewors (or any other sausage)
worcestershire sauce
2 granny smith apples, peeled, cored & cut into big chunks
1 onion, peeled & big chunks
± 1 cup boiling water
1 tablespoon curry powder
black pepper to taste

Cut the sausage into pieces. In little oil in pan on stove, fry the wors till brown with worcestershire sauce.

Add the apples, onions, boiling water, curry powder & black pepper, put lid on and simmer on low heat for 30 minutes till sausage is cooked. Remove the lid and simmer till most of liquid is gone. Serve on mash, pap or rice.

Tomato and peanut butter stew

1 hour

500 g beef, cubed or chicken pieces
2 tablespoons olive oil
3 cloves garlic, minced
3 tomatoes, diced
50g tomato paste
3/4 cup peanut butter (smooth / crunchy)
3 teaspoons stock powder
3 cups boiling water (or enough to cover all the ingredients)
chilies, diced, according to heat preference
2 cups pumpkin or sweet potato, diced or carrots, sliced
salt and pepper to taste

Heat oil in large stew pot on stove. Fry onions till golden. Add the protein, vegetables & garlic and fry for few minutes. Add rest of ingredients and stir to combine. Bring to a boil, reduce heat, cover and simmer for 1 hour, stirring occasionally. Season with salt and pepper.



Recipe: <https://www.daringgourmet.com/domoda-gambian-peanut-stew/>

Photo: Alma Pretorius

Creamy chicken & bacon stew

1 hour

- 12 chicken pieces / deboned chicken thighs, cubed
- 1 onion, sliced
- 2 big carrots, peeled, sliced
- 1 packet bits o' bacon
- 1 packet brown mushrooms, sliced
- 1 x 410g tin kernel corn, drained
- 1 x 50g packet thick white onion soup powder
- 1 x 50g packet cream of chicken soup powder
- 3 tablespoons worcestershire sauce
- 1 cup fresh cream
- 1 cup milk
- 1/2 cup boiling water
- spices to cover chicken pieces (we used Moroccan spices)
- 2 teaspoons chili (optional)
- 3 teaspoons crushed garlic



On stove in pot, fry onion, garlic, chili, chicken, bacon & mushrooms. Add spices and worcestershire sauce. Stir. Add the carrots. In a jug, mix the cream, water, milk and both packets of soup powders. Add to dish. Simmer on low heat with lid on for 1 hour, add the kernel corn, simmer for 10 minutes. Serve.

Recipe: <http://www.braai.co.za/blog/creamy-bacon-chicken-potjiekos-in-sunny-cape-town/>

Photo: Alma Pretorius

Green bean stew

1 hour



- 150g fresh green beans, topped, tailed, sliced
- 2 medium potatoes, peel on, cubed
- 1 teaspoon garlic, crushed
- 1 teaspoon ginger paste/grated fresh ginger
- 6 small brown mushrooms, sliced
- 4 pieces of chicken/± 250g beef pieces
- 1 teaspoon clove powder - **VERY IMPORTANT TO USE CLOVES**
- 1 cup boiling water mixed with
 - 4 teaspoons chicken/beef stock powder
- few splashes of worcestershire sauce
- salt, pepper to taste
- 1 – 2 marrow bones

On stove in pot, dry fry your chicken/beef pieces, splash with worcestershire sauce, add the cloves, ginger & garlic, add some boiling water and let it brown. Add the rest of ingredients, put the lid on and simmer on low heat for at least 1 hour. You can roughly mash the potatoes & beans if you want. Serve with mash or rice.

Beef, bean & couscous stew

1 onion, sliced
1 x 500g beef cubes
1 x 400g tin tomatoes
50g tomato paste
1 x 410 tin kidney beans, drained
1 cup prepared couscous
herbs & spices to your taste

1 hour



Heat the oil in pot on stove and cook the onion for 1-2 mins just until softened. Add the beef cubes and fry till nicely browned.

Add the tomatoes, tomato paste, herbs, spices & kidney beans – put lid on and let it simmer on low heat for 1 hour. Remove from the heat, add the couscous, stir through, put lid on and let it stand for 5 minutes.

Serve on a bed of baby spinach leaves.

2 hours

Hungarian stew

ground black pepper
flour
oil/butter
1 onion, finely chopped
500 g meat, cubed
2 heaped teaspoons paprika
1/2 teaspoon caraway seeds
1/2 teaspoon fresh/dry thyme
1 teaspoon crushed garlic
1-2 teaspoons crushed chillies
250 ml boiling water
2 heaped teaspoons beef stock powder
2 medium-sized fresh tomatoes, chopped finely
50 g tomato paste
6 baby potatoes, (don't peel), slice in half
1 x 410g tin kidney/black beans, drained
2 heaped tablespoons meat seasoning



Roll the beef cubes first in ground black pepper, then in flour. On stove, in big pot - fry beef in oil/butter on both sides till brown. Add the onion and fry for a few minutes. Add the rest of ingredients – stir. Cover and simmer on low heat for at least 2 hours.

This is such an amazing hearty dish!!!!!! The flavors are just superb!!!!

Pepper beef stew

2 ½ hours

680g stewing beef, cubed
1/2 teaspoon salt
3 tablespoons whole peppercorns, crushed
2 tablespoons olive oil
6 cloves garlic, peeled and crushed
1 tablespoon all-purpose flour
3 cups dry red wine

Season beef with salt and roll in crushed peppercorns.
In a large earthenware pot on stove, add olive oil and heat.
Add beef cubes and brown.
Add garlic cloves and cook 1 minute.
Add flour, stir in, and cook 1 minute.
Pour over red wine and stir in.

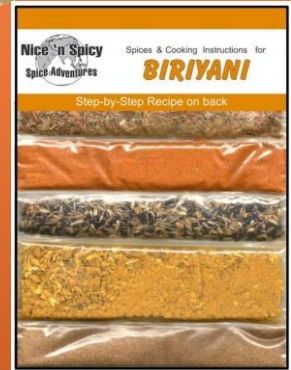
Cover and cook 2 ½ hours on low heat, or until meat is tender and sauce has thickened.



Pilchards biriyani stew

Microwave
27 minutes

1 onion, sliced
1 teaspoon cinnamon powder
2 tablespoons butter
1 tablespoon garlic, crushed
2 tablespoons vegetable oil
biriyani spices (as shown here, or your own mix)
1 x 400g tin pilchards, drained, rinsed, chopped
1 cup raw rice
3 cups boiling water
1 x 400g tin lentils, drained
2 – 3 teaspoons salt
extra oil for afterwards

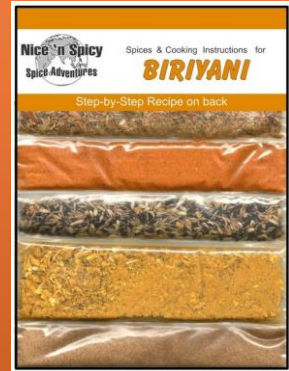


In microwaveable deep dish with lid, place the onions, garlic, butter, 2 tbsp oil, cinnamon and biriyani spices. Microwave open on High for 2 minutes. Stir. Add the rice, boiling water, lentils and salt. Microwave with **lid on** - on High for 20 minutes. Add the pilchards, stir and microwave **with lid on** - on High for 5 minutes. Pour some oil on top and **leave overnight** to eat the next day.

Chicken biriyani stew

Microwave
37 minutes

- 1 onion, sliced
- 1 teaspoon cinnamon powder
- 2 tablespoons butter
- 1 tablespoon garlic, crushed
- 2 tablespoons vegetable oil
- biriyani spices
- natural yoghurt
- 1 x packet deboned, skinless chicken thighs, cubed (or chicken pieces)
- 1 cup raw rice
- 3 cups boiling water
- 1 x 400g tin lentils, drained
- 2 – 3 teaspoons salt
- extra oil for afterwards



Marinate the chicken in yoghurt for 2 hours. In microwaveable deep dish with lid, place the onions, garlic, butter, 2 tbsp oil, cinnamon and biriyani spices. Microwave **with lid on** - on High for 2 minutes. Stir. Add the rice, boiling water, chicken, lentils and salt. Microwave **with lid on** - on High for 35 minutes (or till chicken is done). Pour some oil on top and leave overnight to eat the next day.

Recipe: Alma Pretorius

Photo: <https://noshfoodrescue.co.za/recipe/chicken-biriyani/>