



BEEF MISHKAKI BEEF SKEWERS

Mix oil, lemon juice and spices. Add the beef cubes, stir to coat well and leave to marinate for about 30 minutes. Thread the beef cubes onto bamboo, wooden or metal skewers, alternating with onion pieces. Cook in a hot grill pan on the stovetop or over hot coals for about 2 minutes on a side or to your liking.

Makes 10-12 skewers

50 ml vegetable oil
juice of 1 lemon
30 ml ground cumin
30 ml salt
10 ml ground black pepper
15 ml red chilli powder (optional)
15 ml curry powder (optional)
1 kg boneless beef, cut into
1,3 cm cubes
1 large red onion, cut into
1,3 cm pieces

COCONUT LENTIL STEW

Heat oil in a medium saucepan over medium heat. Cook onion for 8 to 10 minutes, stirring often, until softened and golden brown. Add garlic and ginger and cook, stirring, for about 2 minutes. Add lentils and cook, stirring, for 1 minute.

Add tomatoes, coriander, salt, pepper, water and coconut milk. Bring mixture to the boil, then reduce the heat and simmer, stirring occasionally, for 20 to 25 minutes or until the lentils are tender with coriander.

Serves 4

30 ml extra-virgin olive oil
1 medium onion, finely chopped
2 garlic cloves, finely chopped
6 cm-long piece of ginger root,
peeled and finely grated
120 g brown lentils
1 tin (410 g) crushed tomatoes
handful of coriander leaves,
finely chopped, plus leaves with
tender stems for serving
generous pinch of kosher salt
freshly ground pepper to taste
625 ml water
1 tin (400 ml) unsweetened coconut
milk, shaken well

KACHUMBARI TOMATO, CUCUMBER AND RED ONION SALAD

Mix all the ingredients in a bowl. Season to taste with lemon juice, salt and pepper. Garnish with coriander.

Serves 6

4 tomatoes, halved and thinly sliced
1 English cucumber, peeled, halved
lengthways and thinly sliced
1 red onion (small), peeled, halved
and thinly sliced
lemon juice
salt and pepper