



WHITE STAR

BEEF CHEEK STEW MAIZE MEAL DOMBOLO

Serves: 4

Preparation time: 40 minutes

Cooking time: 3 hours

CATEGORY: Mains



Ingredients

Stew:

- 4 large beef cheeks
- 45ml canola oil
- 1 onion, diced
- 3 garlic cloves, finely chopped
- 1 carrot, diced
- 1 celery stick, diced
- 5ml dried thyme
- 30ml flour
- 300ml red wine
- 500ml beef stock
- Salt & pepper

Dombolo:

- 125g White Star Quick Maize Meal
- 125g flour
- 30ml salt
- 5ml dry yeast
- 250ml warm water

Method

Stew:

1. Prepare the beef cheeks by trimming off excess fat. Season generously with salt.
2. Heat 30ml oil in heavy based pot or cast iron pot over a high heat. Once very hot add the beef cheeks and sear on all sides. Remove from the pot and turn the heat down to low-medium.
3. Add the remaining 15ml oil and the onion, garlic, celery and thyme. Saute slowly until softened, scrapping the bits of meat that have stuck to the bottom of the pot.
4. Add the flour and a pinch of salt & pepper, and cook for a further minute.
5. Add your red wine and turn up the heat. Allow this to simmer down until half way reduced. Add the beef stock and cheeks and bring to a boil. Once it has

come up to the boil, turn down the heat to a very gentle simmer. Put the lid on the pot and leave to simmer for 2 hours, then top with your dombolo balls and cook for a further 30 minutes.

Dombolo:

1. Put all the dry ingredients into a large bowl and mix them together.
2. Add the warm water and mix until well combined. Knead the dough for 10 minutes then place back into your bowl, which has been greased with oil, and cover with a damp tea towel.
3. Put aside in a warm space and allow to rise until double in size, approximately 45 minutes – 1 hour.
4. Knock down your dough and shape into 8 even sized balls. Place them on a greased baking tray and allow to rise for a further 15 minutes.
5. Place the dough balls on top of your stew and leave to cook with the lid on for 30 minutes.