Main dishes / Mali

Tigadegena



Meat in a thick peanut sauce with vegetables. The Malian Sunday lunch.

Time 115 min **Servings** 6

What you'll need.

- ☐ 900 g Beef or lamb — in pieces
- ☐ 2 piece Onions
- ☐ 300 g Cabbage
- ☐ 400 g Potatoes
- ☐ 1 piece Chilli
- ☐ 450 g Rice — to serve
- ☐ 350 g Peanut butter — unsweetened
- ☐ 3 tbsp Tomato paste
- ☐ 3 piece Carrots
- ☐ 2 piece Aubergines
- ☐ 60 ml Vegetable oil
- ☐ Salt and pepper — to taste

Let's make it.

01 Brown the meat in oil, add the onion and fry until soft.

02 Stir in the tomato paste and cook five minutes, until it darkens.

03 Add a litre and a half of water, season and cook forty minutes.

04 Slacken the peanut butter with two ladles of the broth until smooth and lump-free.

05 Pour the paste into the pot in a thin stream, stirring continuously.

06 Add the vegetables in large pieces and the whole chilli and stew thirty minutes, stirring.

07 Wait for the peanut oil to rise to the surface, remove the chilli and serve with rice.

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