

Mazondo

A traditional way to cook mazondo would be over a fire with as few ingredients as possible. Some people use just water or tomatoes and onions at most! I've decided on a recipe with a few extra bits and pieces, but not too many! Cuts of meat like this should impart a lot of flavour and texture to the sauce on their own. They also need a long time to cook for the tendons and skin to become soft.

Serves 6

1½ kg mazondo (beef trotters)

2 tbsp olive oil

1 onion, chopped

2 cloves garlic, chopped

½ tsp sweet smoked paprika

4 tomatoes, grated

1 tbsp tomato paste

1 l beef stock

salt and pepper to taste



Make sure the trotters are clean and dry.

Heat 1 tbsp oil on high in a large heavy-bottomed pot.

Lightly brown the trotters in batches and put aside.

Heat the remaining tbsp oil on medium.

Fry onions until soft.

Add garlic and fry for one minute.

Add paprika, tomatoes and tomato paste.

Stir and cook for two minutes.

Return trotters to the pot.

Pour in enough stock to cover the meat.

Bring to the boil.

Reduce the heat and simmer for about four and a half hours, until the meat is soft and starts to come away from the bone.

Check at regular intervals, topping up with water if necessary.

Season with salt and pepper to taste.

Your mazondo stew should be thick and saucy.

Serve with [sadza](#).