

Seswaa

I've read a lot of discussion about Seswaa and it's clear there are some Botswanans who are fed up with people 'dressing up' their local dish with other ingredients like onions or complex spices. I see their point. I like the idea of unadulterated slow-cooked meat!



Serves 4

2 kg beef on the bone (cuts suitable for stewing, like brisket, chuck, shoulder etc.)

1 tbsp oil

2 tsp salt

water

Chop the beef into medium-sized pieces to ensure even cooking (or get your butcher to do this).

If you find it hard to cut through the joint you have chosen, you can make deep incisions instead.

Heat the oil in a heavy-based pot, on medium-high.

Brown the beef and its bones.

Add enough water to cover the meat.

Add the salt.

Bring to the boil.

Reduce heat to low.

Cover and simmer slowly for four hours, or until the meat falls away from the bone.

Turn off the heat and remove the meat to a separate dish. Set aside the pot and its juices.

Pick the meat from the bones and discard anything that isn't edible.

(That means keeping the marrow and any other 'soft bits' – because they're delicious!)

'Grind' the beef by pounding and shredding until it looks stringy.

Return the shredded meat to the pot and adjust the seasoning.

If there's still liquid in the pot, return it to the stove and reduce until the liquid has cooked away.