



VLEISBOOK FRIENDS

THE AFRIKANER HAS MADE A COMEBACK — ON PLATES

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PRIME RIB ROAST

5-6 large potatoes, peeled and cut into wedges
1 x 2kg beef prime rib roast, French-trimmed
1 clove garlic, cut in half
Salt and freshly ground black pepper
1 clove garlic, cut in half
100ml beef dripping (or butter)
2 sprigs fresh rosemary

Boil the potato wedges in salted water for 5 minutes, then drain and set aside. Preheat the oven to 160°C. Using a very sharp knife, score the fat on the roast in a diamond pattern. Rub garlic all over the joint and season generously, rubbing salt into the fat. Heat a large pan on the stove and sear the roast all over. Remove roast from pan. Place beef dripping, rosemary and garlic in pan, stir over low heat until dripping is melted, then add potatoes and toss to coat well. Place roast in an oven tray, arrange potatoes around and pour dripping over. Roast for 1 hour, then remove the prime rib, cover with foil and rest for 20 minutes. Increase temperature to 200°C and return potatoes to the oven until crisp. Slice the joint and serve with potatoes, seasonal vegetables and mustard on the side. Serves 8



TONGUE & TAIL TERRINE

30ml (2 tbsp) cake flour
5ml (1 tsp) salt
5ml (1 tsp) freshly ground black pepper
1 oxtail, jointed
15ml (1 tbsp) beef dripping or butter
1 fresh ox tongue

Water
15ml (1 tbsp) readymade English mustard
Pinch of ground nutmeg
6-8 slices Black Forest ham

Mix the flour with the salt and pepper and use to dust the oxtail until well coated. Heat the dripping in a pot and brown oxtail all over. Add the ox tongue to the pot and pour in enough water to cover all the meat. Bring to a slow simmer and cook until oxtail and tongue are tender, about 2 hours. Remove tongue and tail from liquid, increase heat and cook until stock has reduced by two-thirds. Set aside.
Using a sharp knife, peel the skin from the tongue and pull the meat from the oxtail bones. Roughly chop the tongue and tail meat, combine and mix with the mustard and nutmeg. Line a medium loaf pan with plastic wrap, then line with overlapping slices of ham. The ham should hang over the sides so that it can be folded over the terrine later. Spoon the meat mixture into the pan, pushing down to make it as dense as possible. Pour the reduced stock into the terrine to fill all the gaps, then fold the ham over to seal the parcel. Refrigerate for at least 4 hours, preferably overnight, to set. Slice and serve with freshly baked bread and mustard. Serves 8-10

Hanroë Erasmus, executive chef of the African Pride Melrose Arch Hotel in Joburg, prepared all the dishes using meat from Afrikaner cattle raised by Cloete Afrikaners in Vryburg. "Afrikaner beef has a real, rich, beefy flavour," he says. "Apart from the quality of the meat, I like the ethical aspect: the animals are grass-fed and free range. My aim in these recipes was to use the lesser-known cuts in different ways. My favourite is the tongue and tail terrine — literally nose-to-tail eating. The natural gelatine sets the terrine without losing the character of the different meats."



ETHIOPIAN BEEF WRAPS

30ml (2 tbsp) ground cumin
20ml (4 tsp) ground coriander
20ml (4 tsp) turmeric
30ml (2 tbsp) ground paprika
5 whole cloves
5 whole cardamom pods
2.5ml (½ tsp) salt
15ml (1 tbsp) freshly ground black pepper
125ml (½ cup) beef dripping or butter
60ml (4 tbsp) tomato paste
1kg beef flank, deboned and cubed
4 onions, sliced
4 garlic cloves, sliced
4 large tomatoes, roughly chopped
250ml (1 cup) water
1 bunch fresh coriander, roughly chopped

Wraps, to serve
Mix all spices with salt and pepper and dry-fry in a large, heavy-based pan until fragrant. Add the dripping and tomato paste and stir to form a paste. Add the beef and stir to coat well, then add onions, garlic, tomatoes and water and simmer for about 1 hour or till tender. Remove from the heat and stir in the fresh coriander. Serve in wraps with finely chopped spring onion, leek, carrots and cucumber. Makes 10-12 wraps

SHIN & KIDNEY PIE

Pastry:
200g beef dripping (or butter)
540g (4½ cups) cake flour
7.5ml (1½ tsp) salt
2 extra-large eggs
About 200ml water, at room temperature

Filling:
1 beef shin, about 3.5kg
Salt and pepper
2 large carrots, roughly chopped
5 celery sticks, roughly chopped
1 onion, roughly chopped
1 leek, roughly chopped
4 sprigs fresh rosemary
2 litres water
3 kidneys, sinew removed and chopped
45ml (3 tbsp) cake flour
45ml (3 tbsp) beef dripping (or butter)

For the pastry, melt the beef dripping in a saucepan over low heat. Do not boil. Sieve flour and salt into a mixing bowl and make a well in the middle. Break the eggs into the well and mix with a knife. When the dough is starting to come together, mix in the dripping and enough water to form a soft dough. Cover and refrigerate for 1 hour.

For the filling, preheat the oven to 160°C. Place beef shin in a deep roasting dish and season well. Add the chopped vegetables and

rosemary, pour over water, cover tightly with foil and roast for 4 hours.

Mix the cake flour with salt and pepper and use to dust the chopped kidneys. Melt the dripping in a pan and brown the kidneys over high heat, then remove from the pan and set aside. Remove the cooked shin from the oven tray, pour roasting juices into a pan and simmer on the stove until reduced to a gravy-like consistency. Strain and set aside.

Pull the meat from the shin bones and cut into chunks about the same size as the kidney pieces. Mix kidneys and shin together and cool.

Divide the pastry into 2 pieces, one slightly larger, and roll out into discs about 5mm thick. Use the larger piece to line the base of a greased 20cm springform pan, letting some pastry hang over the sides. Spoon the meat mixture into the pastry, pressing down to ensure the filling is very dense. Use the second pastry disc as a lid and seal the sides well, cutting off excess pastry. Cut a hole in the top to allow steam to escape and bake in a preheated oven at 220°C for 10 minutes. Remove the pie from the oven and carefully pour the gravy into the hole until full. Reduce oven temperature to 160°C and bake pie for a further 30 minutes. Allow to cool in the pan for 10 minutes before removing and slicing. Serve warm. Serves 10-12



THE FARMER

HOMEGROWN HORNS

Indigenous Afrikaner cattle were once one of the most farmed breeds in SA but numbers are dwindling. Hilary Biller spoke to a die-hard breeder/farmer, Adrian Cloete

Tell us about your family's history with this breed.

My great-grandfather Christian Cloete established his pure-bred Afrikaner cattle herd in the late 1800s in Ermelo and in 1914 moved the herd to Kameel, near Vryburg. Four generations later, it is still the home of Cloete Afrikaner.

What makes the breed so special? It's one of two indigenous breeds in SA, with long, curved horns and a tan coat. With a good temperament, the Afrikaner is a very strong animal with excellent walking ability and strong hooves. The oxen were used by the Boers in the Great Trek. The thick skin and short coat help with heat radiation and are resilient to ticks and other parasites.

Why has there been a decline in farming of the breed? In the 1960s, everyone farmed Afrikaner cattle and by the 1970s many new breeds were introduced into the country and they became more popular. The Afrikaner is a late developer, which means it takes longer for the farmer to see a return on investment. However, the main reason is the feedlot system, where the Afrikaner fattens too quickly, although the cattle perform extremely well on an Ark of Taste product by Slow Food Italy and joins over 1 300 global food items recognised as a heritage food that is facing extinction.

What makes the meat unique? Apart from the excellent flavour, the Afrikaner has a unique double gene for meat tenderness, together with excellent marbling of fat.

What about availability and cost? Unfortunately, Afrikaner beef is not found in supermarkets and our focus is to get local butchers in every town to supply Afrikaner beef. We've got lots of work to do and The Slow Food Movement is at the heart of our campaign.

Do you have a favourite cut? The hump, which my mother slow roasts in its own fat. Delicious.

Afrikaner Beef is available from Braeside Meat Market, Parkhurst, Johannesburg www.braesidebutchery.co.za and Jacksons Real Food Market, Bryanston, Johannesburg, www.jacksonsrealfoodmarket.co.za. For more information, visit www.cloeteafrikaner.co.za



GOOD WALKERS: Afrikaner cattle were used in the Great Trek