

Ujeqe – Zulu steamed bread with a hearty stew recipe.

Many of our learners in our hostel have a favourite meal: Ujeqe, which is a Zulu steamed bread. This fluffy bread is a comforting "taste of home" and is served with a hearty stew or curry – perfect in the colder months!

Ingredients – Ujeqe

- 2 ½ cups flour
- 1 tsp baking powder
- 2 ½ tbsp butter
- 200ml lukewarm water
- 1 sachet of instant dry yeast
- 3 tsp sugar
- 1 tsp salt
- Water for steaming



Directions

1. Add flour, baking powder and salt to a large mixing bowl.
2. Then add in the Sugar and mix well.
3. Rub in the butter so that the mixture resembles a bread crumb texture.
4. Add in the yeast and then the luke-warm water a little at a time, until it comes together as a dough.
5. Flour a Surface and knead the dough until it is pliable, place it in an oiled bowl and allow it to rise until it has expanded in size.
6. Press down the dough and shaped it into a round loaf.
7. Create your steamer by either placing the bread in a smaller pot on top of a large pot of boiling water with a lid or using a plastic bag tied tightly at the top (make sure the knot is not submerged in the water).
8. Steam the bread on medium for 30 minutes then lower the temperature & Steam it for an additional 30 minutes. Allow to cool, slice and enjoy.



Hearty stew

This hearty stew recipe is very adaptable. Swap out the beef for lamb, chicken or add mushrooms for a vegetarian stew.

Ingredients

- 800g of beef
- 1 Tsp Salt
- ½ Tsp Coarsely Ground Black Pepper
- 2 Tbsp All-Purpose Flour
- 2 Tbsp Olive Oil
- ½ Yellow Onion Chopped Large
- 4 Garlic Cloves minced
- 1 Large Carrot cut into 2cm rounds
- 2 Potatoes diced into 3cm pieces
- 2 Cups vegetable Broth
- ¼ Cup Tomato Paste
- 1 Tbsp Worcestershire Sauce
- 1 Bay Leaf
- 2 Tsp Fresh thyme and parsley (garnish)

Directions

1. Preheat oven to 180°C.
2. Season the meat on all sides with salt and pepper. Sprinkle the flour over and toss the seasoned beef to coat it on all sides
3. Heat the olive oil in a large oven safe stewing pot or Dutch oven over medium heat. Brown the meat in batches, on all sides, for 3-4 minutes per batch. Transfer the browned meat to a plate and set aside.
4. Add the onions, garlic, and carrots to the pot, and cook, stirring occasionally, for 2-3 minutes, or until slightly browned. Add the potatoes, broth, tomato paste, bay leaf, thyme, and Worcestershire sauce, and use a wooden spoon to scrape the browned bits from the bottom of the pot.
5. Bring the mixture to a simmer, stirring, and return the meat to the pot. Cover the pot, and transfer to the preheated oven
6. Cook the stew for 2-2.5 hours, or until the meat is very tender. If using chicken breast cut the cooking time in half . Remove the bay leaf. Taste the stew and season with additional salt and pepper, if necessary. Serve warm.

