

NOZIPHO KHUMALO'S BRAISED AND BRAAIED COW HEELS

Prep time: 20 minutes

Cook time: 3 hours

Serves 2-4 people



INGREDIENTS

500g cow heels, pre-cut

2 cloves garlic, finely chopped

2 tablespoons mild curry powder

½ teaspoon paprika

2 chicken stock cubes

1 medium onion, peeled

2 tablespoons canola oil

FOR GLAZE:

Thick soy sauce

½ tablespoon chilli flakes

1 tablespoon honey

Crushed black pepper

2 teaspoons olive oil

2 tablespoons water

INSTRUCTIONS

1. To braise, add the cow heels, mild curry powder, stock cubes, paprika, garlic, onion and canola oil to a large pot.
2. Place on braai and bring to a boil.
3. Reduce heat and simmer over medium-low heat for about 3 hours or until cow heels are well cooked and almost falling off the bone. They should look puffy and soft.
4. In a large bowl, add glaze ingredients and stir, ensuring they are well combined.
5. Transfer cow heels from braising pot into bowl with glaze and coat evenly. Set braising pot aside (don't throw away the liquid).
6. Place cow heels on the braai and allow to brown. Once they acquire a glistening brownish hue, turn over and brown the other side.
7. Remove from braai and return them to the braising pot. Baste with the braising liquid to keep them succulent.
8. Serve immediately.