

# NOZIPHO KHUMALO'S BRAISED AND BRAAIED COW HEELS.

## Suitable for succulent appetisers

Local foodie Nozipho Khumalo (a.k.a. The Novice Cook) created this recipe in celebration of Heritage Day.



Like what you see?  
Join our community for more!

Send us some pics and tag us  
@megamaster\_sa  
#togethermadebetter



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 THE GLAZE:

Thick soy sauce

½ tablespoon chilli flakes

1 tablespoon honey

Crushed black pepper

2 tablespoons 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.  
Place on braai and bring to a boil.
2. 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.
3. In a large bowl, add glaze ingredients and stir, ensuring they are well combined.
4. Transfer cow heels from braising pot into bowl with glaze and coat evenly. Set braising pot aside (don't throw away the liquid).
5. Place cow heels on the braai and allow to brown. Once they acquire a glistening brownish hue, turn over and brown the other side.
6. Remove from braai and return them to the braising pot. Baste with the braising liquid to keep them succulent.
7. Serve immediately.
- 8.

## MEGAMASTER RECIPE TIPS



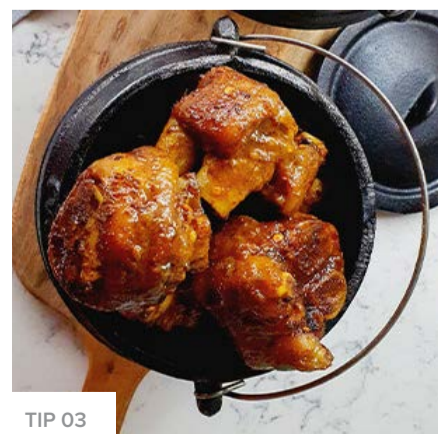
TIP 01

Be sure to thoroughly rinse cow heels before starting with the cooking process.



TIP 02

Exfoliate the cow heels with plenty of coarse salt to remove any surface impurities, and give them a good rinse to remove the excess salt.



TIP 03

Ensure that cow heels are well cooked before braaiing as they will be chewy and hard if under-cooked.