



## Green Bean Bredie – Ina Paarman



### **Green Bean Bredie** **a great South African Tradition**

Ina says, “My grandmother was a very good cook; everything done with a lot of heart, care and attention to fresh, natural, good basic ingredients. This dish bears her stamp. She never browned the meat beforehand for this plain home-style bredie.”

### **Green Bean Bredie**

#### **Serves 4**

- 600- 800g lamb shanks, cut into 3-5cm lengths
- 1½ cups (375 ml) water
- 2 x 25 g Concentrated Beef Stock
- 1 clove garlic, crushed
- 1 T (15 ml) Ina Paarman’s Vegetable Stock Powder
- 1 t (5 ml) Ina Paarman’s Rosemary & Olive Seasoning
- 1 red chilli, finely sliced
- 1 large onion, chopped
- ¼ cup (60 ml) fresh lemon juice
- 2 large potatoes, cubed

500g green beans, finely sliced (frozen work well)  
1 T (15 ml) butter or 2 T (30 ml) olive oil  
Ina Paarman's Garlic Pepper Seasoning to taste  
2 t (10 ml) fresh lemon rind, grated

Simmer meat in water with garlic, stock powder, Rosemary & Olive Seasoning, chilli, onion and lemon juice until nearly tender, about 1 ½ hours. Add potatoes, simmer until done and add beans. Cook for about 14 more minutes. Add butter, Garlic Pepper Seasoning and grated lemon rind.

### Variation

Tomato bredie. Replace the beans with 1 x 400g tin of chopped tomatoes and 1 x 200ml Ina Paarman's Sun-dried Tomato Cook Sauce. Add at the same time as the potatoes, omitting the lemon juice, as tomatoes are naturally acidic.

### Chef's

### tip

Before squeezing the lemon, grate off the rind as it is easier to grate the rind while the lemon is still whole.

Michael's wine recommendation – [CLICK HERE](#)



**Place in the Sun Shiraz 2013**