



## BEEF IN AUBERGINE SAUCE & ITS ATTIEKE

### □ **Ingredients (serve 4):**

- 400g of dehydrated RACINES Attiéké
- 3 tbsp of MAMA AFRICA red palm oil
- 1 tbsp of DIEG BOU DIAR Concentrated tomato paste
- 450g of beef special stew cut in cubes
- 1 large aubergine (about 350g) • 250g of plum tomatoes
- 2 garlic cloves, crushed • 1 big onion finely chopped
- 900ml of MAGGI chicken stock • 1 fresh red chilli, seeded and chopped • 1 tsp of thyme
- 1/2 tsp of mixed spice • salt • ground black pepper

### **RECIPE**

#### 1- Preparation of the Attiéké:

Pour 400g of dehydrated RACINES attiéké in a bowl. Add 320 ml of tepid water and stir delicately. All the water must be absorbed.

Cover and allow to settle 5 to 8 min. The attiéké recovers its initial volume.

Warm on very sweet fire (microwave) or on the vapor (with a steamer) during 5 min. while shelling with a spatula or a fork to avoid that grains to stick.

#### 2- Preparation of the stew :

Cut the beef into cubes and season with half of the thyme and sal and pepper.

In a large saucepan, heat 1 tspn of the oil and fry the meat for 8-10 minutes, until well browned. Transfer to a bowl using a slotted spoon and set aside.

Heat the remaining oil in the saucepan and fry the onion and garlic for a few minutes, then add the tomatoes and plum tomatoes with its juice, simmer for 5-10 minutes, stirring occasionally.

Add the concentrated tomato, mixed spice, chilli and remaining thyme, stir well, then add the reserved beef and the sock. Bring to the boil, cover and simmer gently for 30 minutes.

Cut the aubergine into 1 1/2 cm in dice. Stir into the stew and cook, covered, for a further 30 minutes until the beef is completely tender.

Serve hot with the attiéké in accompaniment. Enjoy!



### Other main dish based on beef :

