

## RECIPES IDEAS

# FEATHER COCKSCOMB HEMERA

Shoko, Nigerian beef and spinach stew



### Ingredients:

- 3 tablespoons vegetable oil, divided
- 1 pound boneless beef stew meat, cubed
- 2 medium onions, chopped
- 4 cloves garlic
- 14.5 ounce can diced tomatoes, drained (reserve the tomato juice)
- 1 Tablespoon grated ginger
- 4 Serrano peppers, quartered lengthwise
- 1 green bell pepper, thinly sliced
- 1 cup beef stock
- 3/4 pound baby spinach
- Salt and pepper to taste



### Preparation:

Heat one tablespoon of oil in a large saucepan or stew pan over medium-high heat. Brown the beef and then remove to a bowl with the accumulated juices. Heat the remaining oil in the same pan and fry the onion and garlic over medium heat until the onion begins to turn golden. Add the diced tomatoes and cook, stirring, until the tomatoes are almost completely broken down. Add water, if necessary, to prevent the mixture from sticking to the bottom of the pan and burning.

Add the ginger, Serrano and bell peppers and cook, stirring, for several minutes. Add the reserved tomato juice and beef stock and stir to mix. Return the beef and its accumulated juices and stir.

Cover, reduce heat to low and simmer for several hours until the beef is almost falling apart. Add the spinach and continue cooking until the spinach is wilted and reduced, about 10 minutes. Season with salt and pepper.