

WHOLE ROASTED RIB OF BEEF WITH N'DOLE

Serves 4

"N'Dole originally uses morogo, a wild African spinach, although this dish has variations from southern to western Africa. Remnants of the dish can also be found in the southern parts of America."

INGREDIENTS

1kg rib-eye rack of aged beef

500g golden chard

3 onions, finely chopped

2 cloves garlic, finely chopped

2 bird's eye chillies, finely chopped

1 tbsp biryani spice mix

250ml ham hock stock

200g kapenta or ikan bilis (dried Lake Tanganyika sardines, available from selected African food stores, or substitute with ikan bilis, available from Asian food stores)

olive oil for brushing

1kg large spinach, roughly chopped

sea salt

black pepper

Ham Hock

1 hock bone

1 litre water

1 bunch thyme

2 cloves

1 carrot, roughly chopped

1 brown onion, roughly chopped

1 bunch of celery leaves



Recipe by Chef Duncan Welgemoed, Africola

METHOD

Ham Hock

1. Put all ingredients in a pot and bring to boil for 2 hours.
2. Pass through fine mesh sieve and reserve liquid.
3. Reserve 250ml for cooking.

Beef

1. Take rib out of fridge and allow to come to room temperature.
2. To make the N'Dole, sweat onions, garlic, chillies and the biryani spice in a deep pot. Add kapenta/ikan bilis and cook for a further 5 minutes.

3. Add chard and spinach and cook out until all water has evaporated. Deglaze pot with ham hock stock and season to taste.
4. Light fire on the bbq. Wait until the coals have ashed. Brush rib of beef with olive oil and caramelise one side, then flip and caramelise the other side. Continue flipping from side to side for 15 minutes, brushing with olive oil. Leave to rest for 7.5 minutes.
5. Season liberally with sea salt and cracked black pepper.
6. Carve and serve with N'Dole. Flat bread and pickled vegetables work well as a side too.