

KUDU

bean and chorizo stew

Serves 2

INGREDIENTS

1-2 tablespoons olive oil
1 onion, finely chopped
1 garlic clove, crushed to a paste with a little sea salt
200g (7oz) Spanish chorizo, peeled and chopped
A splash of sherry
1 fresh red chilli, chopped
Pinch of ground paprika, Pinch of cocoa powder
250g (9oz) canned butterbeans, rinsed and drained
3 ripe tomatoes, chopped
Spring of fresh rosemary, leaves picked and chopped
100ml (3 1/2 fl oz) beef stock
2 Kudu fillets, about 175g (6oz) each
Knob of butter
Sea salt and freshly ground black pepper
Fresh flat-leaf parsley leaves, chopped to garnish



- 1 Heat 1 tablespoon olive oil in a pan over a low heat, and gently sweat the onion and garlic for about 5 minutes until soft. In the meantime, in a separate pan, fry the chorizo.
- 2 Add the cooked chorizo and a splash of sherry to the pan with the onion and garlic mixture, and stir in the chilli, paprika and cocoa powder until well mixed. Add the beans, tomatoes, rosemary and beef stock, and simmer for about 15 minutes.
- 3 Season the kudu well with salt and black pepper, and rub with a little extra oil, Heat a frying pan until very hot, and sear the kudu steaks on each side for 3 minutes. Reduce the heat, and add a knob of butter. Spoon the butter over the kudu to glaze it, and fry quickly, taking care to keep the steaks medium-rare, or medium at the very most.
- 4 To serve, divide some mashed sweet potatoes among two serving plates, and spoon over the stew. Top with the kudu fillets, and sprinkle with some parsley. Serve immediately.