MEET THE CHEF

DOLORES GODEFFROY

Dolores is a bonafide liSwati born in eShiselweni. She is an ardent food activist, a farmer, restauranteur, business owner, fighter and visionary.

Her Zulu mother’s dedication to indigenous foods was a strong influence in her current vision of a nation, indeed a continent, that can feed itself. A voice of reason in the stampede towards industrialized farming, reminding us that we already have the tools to put an end to hunger in Africa and not be dependent on others to feed us.
DO IT YOURSELF!
IMBUTI STEW (GOAT STEW)
Succulent cuts of bone-in goat meat slow cooked in aromatic spices and vegetable broth until tender.

INGREDIENTS
• 1 kg goat meat
• 6 medium potatoes
• 4 medium carrots
• 1 medium grated tomato
• 4 crushed garlic cloves
• 1 tablespoon ginger
• 1 tablespoon paprika
• 1 cup vegetable broth
• 3 cups water
• Salt and black ground pepper

STEP BY STEP
1. In a pot, fry onions, add ginger and garlic until lightly browned.
2. Add the spices, grated tomato, vegetable broth and water.
3. Cut meat into small sized stewing pieces and add to the stew.
4. Add the carrots and the potatoes last.
5. Allow to simmer gently until tender (but not falling into pieces).