



SAMP AND BEANS

HEAT LEVEL

Savor the traditional goodness of our Sump and Beans - a hearty dish that combines the earthy flavors of sump and beans for a comforting and satisfying meal.

50 Mins

8 Servings

INGREDIENTS

500 g packet sump and beans
50 g black-eyed peas (optional)
Salt to taste
1.5 litres (6 cups) water, for cooking
30 ml (2 Tbsp) cooking oil
1 medium onion, coarsely chopped
2 cloves garlic, crushed (optional)
10 ml (2 tsp) medium curry powder
2 medium tomatoes, chopped
100 ml Spur Peri-Peri Sauce
80 ml (1/3 cup) Spur BBQ Sauce
200 ml (¾ cup) water or vegetable stock
2 medium potatoes, peeled and cut into small cubes
50 g butter (optional)

METHOD

- 1 Rinse the sump and beans and soak overnight in water.
- 2 Drain the water after soaking and place the sump and bean mixture with salt in a large, heavy-based saucepan. Add 1.5 litres of water and allow to simmer slowly, allowing most of the water to evaporate. Add more water if necessary. Cook until the sump and beans are soft, but still firm (this takes about 45 minutes). Drain and set aside.
- 3 Heat oil in a second large, heavy-based saucepan and sauté onion until soft. Add garlic and curry powder. Fry for about 2 minutes. Add tomatoes, Spur Peri-Peri Sauce, Spur BBQ Sauce, water and potatoes. Allow to simmer for about 15 minutes, or until potatoes are slightly soft.
- 4 Add tomato mixture to the cooked sump and beans. Slowly cook mixture until the potatoes, sump and beans are soft. Stir in the butter and season with more salt, if preferred. Serve warm.

VARIATIONS

- 1 Its important to soak the beans in water overnight. This ensures that the beans cook more evenly and dont split or separate from the skin. When cooking, dont stir too much - the beans will become starchy. Also check to make sure that the beans dont stick to the bottom of the saucepan.

