

## **1. IWISA NO.1 ISITAMBU NAMATHAMBO RECIPE CARD**

### **INGREDIENTS:**

**15 cups Iwisa No.1 Samp**  
**15 cups red speckled beans**  
**10 tbsp olive oil**  
**10 kg beef meaty bones**  
**Salt to taste, start with 10 tsp and adjust**  
**Pepper to taste, start with 5 tsp and adjust**  
**10 onions, chopped**  
**10 tbsp minced garlic**  
**10 cups red, yellow, and green peppers, chopped**  
**10 tsp paprika**  
**10 tsp oregano**  
**5 tsp turmeric powder**  
**10 tbsp Seven Colours Grill Seasoning**  
**20 beef stock cubes, dissolved in 20 cups of hot water**  
**10 tsp tomato paste**  
**20 bay leaves**

### **METHOD:**

- 1. Soak the samp and beans in plenty of water overnight or for at least a few hours to soften them. Drain before cooking.**
- 2. Cook the samp and beans separately: In one or more large pots, add the drained samp and beans. Cover with fresh water, making sure it's enough to have the samp and beans submerged. Add half your bay leaves. Bring to a boil, then reduce to a simmer. Cover and cook for 2-3 hours, stirring occasionally and adding more water if it evaporates too much, until the samp and beans are soft and tender but not mushy. Do not add salt yet, as it can toughen the beans. Drain any excess water if the mixture is too soupy, leaving just enough for a thick consistency.**
- 3. Cook the beef bones separately (parallel with step 2): In separate large heavy-bottomed pots, divide if needed, heat the olive oil over medium heat. Add the onions and garlic, sauté until softened and fragrant. Add the peppers and continue sautéing until softened. Stir in the paprika, oregano, turmeric powder, Seven Colours Grill Seasoning, and pepper.**
- 4. Add the beef meaty bones to the pot(s) with the sautéed vegetables and spices. Fry**

for a few minutes until the bones are browned on all sides. Pour in the dissolved beef stock, tomato paste, and bay leaves. Bring to a simmer, reduce heat to medium-low, cover, and cook for 1-2 hours, stirring occasionally, until the beef is tender and falling off the bones, and the sauce has thickened into a rich gravy. Add a bit more water or stock if it reduces too much.

5. **Combine everything:** Once both the samp/beans and the beef gravy are ready, add the cooked beef bones and gravy to the pot(s) with the samp and beans, or vice versa, depending on pot sizes. Stir gently to combine without breaking up the samp too much.

6. **Season with salt and sugar to taste. Simmer uncovered on low heat for an additional 30-60 minutes, stirring occasionally, until the flavours are fully combined and the dish has a cohesive, thick gravy. Adjust consistency with a little hot water if needed.**

7. **Serve hot as a hearty, comforting meal!**