

IWISA NO.1 STIFF PAP & OXTAIL STEW

INGREDIENTS:

For the Oxtail Stew:

15 kg oxtail pieces, excess fat trimmed
20 tablespoons Snowflake Cake Wheat Flour, approx. 150 g
Salt and black pepper, to taste
20 tablespoons cooking oil, approx. 300 ml
10 large onions, chopped, approx. 2.5 kg
20 carrots, chopped, approx. 3 kg
20 celery stalks, chopped (optional), approx. 2 kg
20 garlic cloves, minced, approx. 100 g
20 bay leaves
10 teaspoons dried thyme, approx. 10 g
10 tablespoons tomato paste, approx. 150–200 g
10 × 400 g tins chopped tomatoes, approx. 4 kg total
10 cups beef stock, 2.5 litres (or 10 stock cubes dissolved in 2.5 litres hot water)
5 cups red wine (optional), 1.25 litres
Fresh parsley, chopped, approx. 500 g (or 10 bunches), for garnish

For the Stiff Pap:

25 cups Iwisa Super Maize Meal, approx. 5 kg
25 cups boiling water, approx. 6.25 litres
10 teaspoons salt, approx. 50 g

METHOD:

For the Oxtail Stew:

- 1. Prep the ingredients:** Trim the oxtail if needed. Chop the onions, carrots, and celery into bite-sized pieces. Mince the garlic. Measure out the flour, spices, tomato paste, and liquids. Dissolve the stock cubes in hot water if using.
- 2. Season and coat the oxtail:** Season the oxtail generously with salt and black pepper, then dust lightly with the flour, shaking off any excess. This helps thicken the stew during cooking.

- 3. Brown the oxtail:** In one or more very large heavy-bottomed pots or Dutch ovens, heat the cooking oil over medium-high heat. Brown the oxtail in batches until well coloured on all sides. Remove and set aside.
- 4. Sauté the vegetables:** In the same pots, add the onions and cook until softened and lightly golden. Add the carrots, celery (if using), and garlic, and cook until fragrant.
- 5. Build the flavour base:** Stir in the tomato paste, dried thyme, and bay leaves. Cook briefly to toast the paste and release the aromas.
- 6. Add liquids and simmer:** Return the oxtail to the pots. Add the chopped tomatoes, beef stock, and red wine if using. Bring to a boil, then reduce the heat, cover, and simmer gently until the oxtail is tender and the sauce has thickened into a rich gravy. Stir occasionally and add water or stock if needed. Adjust seasoning and remove bay leaves before serving.
- 7. Finish with parsley:** Stir through or sprinkle with chopped fresh parsley just before serving.

For the Stiff Pap:

- 1. Bring the water to a boil:** In one or more very large heavy-bottomed pots, bring the water and salt to a vigorous boil.
- 2. Add the maize meal:** Gradually add the Iwisa Super Maize Meal without stirring initially. Cover immediately to trap steam.
- 3. Stir and cook until stiff:** Reduce the heat to low, then stir vigorously to break up lumps. Cover and steam, stirring occasionally, until the pap is stiff, crumbly, and fully cooked. Add a little hot water if too dry.
- 4. Serve together:** Portion the stiff pap onto plates and top with the oxtail stew and gravy. Serve hot.