



Ostrich/Beef Goulash

Ingredients:

800 gram ostrich or beef
1 onion
15 ml sunflower oil
3 cm ginger, slice it
5 gram cinnamon
250 ml water
250 ml red wine
250 gram dry plums
30 ml honey
half a lemon, slice it
10 ml starch flour

Cut the meat in bite-sized pieces. Chop the onion finely. Add the onion, oil, cinnamon and ginger to the meat and mix it. Leave it for 2 hours in cool place.

Roast the meat gently and pour the water and the red wine over it. Add the plums, the honey and the lemon slices and let it cook for 90 minutes.

Mix the starch under the sauce and let it reduce till the sauce is viscid.

Serve with potatoes.