

Seswaa (Beef and Mutton)



INGREDIENTS

1. Beef
2. Mutton
3. Beef or chicken stock
4. Seasonings, to taste
5. Cooking oil or butter

Method:

1. Boil meat at low heat until very tender, almost overcooked. Season to taste.
2. Add beef or chicken stock and take from heat.
3. Mash the cooked meat as you would mash potatoes.
4. Add butter or a bit of cooking oil.