

HEN'OMBY SAOSY TELO DIPOAVTRA SY VARY VOANIO (Three pepper beef with coconut rice and cucumber salad)

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Madagassische Rezepte

The Malagasy [pepper](#) is famous far beyond the country's borders because of its quality and special flavor. In this delicious recipe for beef in sauce, we use three different types of Malagasy pepper: pickled [green pepper](#), dried **Fehler! Hyperlink-Referenz ungültig.** [pepper](#), and [wild jungle pepper](#) (in Malagasy, *voatsyperyfery*). It is accompanied by coconut rice, a specialty of the [Sakalava](#) tribe on the northwest coast of Madagascar. The simple cucumber salad completes the meal, it is served almost everywhere on the island as a side dish.

Ingredients for 3-4 people:

- 750 g beef shank
- 2 cans of coconut milk
- some flour
- 1,5 l water
- 300 g rice
- 2 teaspoons turmeric
- 1 tsp salt

For the meat marinade:

- 1 tablespoon freshly ground black pepper
- 1 tablespoon freshly ground jungle pepper
- 60 g pickled green pepper
- 1 tablespoon salt
- 125 ml olive oil
- 3 tbsp dark soy sauce
- 3 tbsp liquid sweetener

For the cucumber salad:

- 1 cucumber
- 2 tomatoes
- 3 shallots





- juice of half a lemon
- 4 tablespoons oil
- 1 tablespoon vinegar
- pepper, salt
- 1/2 bunch parsley
- two stalks of coriander

Here's how to do it:

Cut the meat against the grain into pieces about 6 cm wide. Freshly grind black pepper and jungle pepper for the marinade in a pepper mill. Crush the grains of green pepper with a fork. Mix the three types of pepper with salt, olive oil, soy sauce, and liquid sweetener to make a marinade. Marinate the beef thoroughly with it, kneading everything well with your hands. Leave the marinated meat in the refrigerator overnight.

The next day, sear the pieces of meat in a large sauté pan. Add the water and the coconut milk. Now the whole thing must simmer for one and a half to two hours so that the liquid reduces and the meat becomes tender. In the meantime, the cucumber salad can be prepared. Peel the cucumber and cut it into thin slices. Remove the stalk and the inside of the tomatoes and cut them into strips. Peel the three shallots and dice them very finely. Make a vinaigrette of lemon juice, oil, vinegar, and parsley. Add coriander only to taste. Season with pepper and salt. The salad can sit in the refrigerator until the rest of the meal is ready.

Put the rice in a pot with a can of coconut milk and enough water to cover it completely. Mix in the turmeric and salt. Then simmer for 25 minutes, adding water if necessary, until the desired consistency is reached. The sauce in the pan will darken over time. Once the sauce has thickened to the point where you can see the meat again, whisk in some flour or sauce thickener. Finally, season everything with salt and pepper and serve.

Bon appétit!