SOUTH AFRICAN

Rump Braai with Chakalaka

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Basic	**4**	**20 min**	**40 min**	**Grill**	**Picanha**

Ingredients

- 1 kg (2¼ lb) picanha, sliced with the grain into 3 thick steaks, fat on
- 2 tbsp olive oil
- 1 tbsp braai spice (or 2 tsp paprika, 1 tsp coriander, 1 tsp garlic powder)
- 1½ tsp coarse salt
- 1 tsp black pepper
- Pap (maize porridge; or soft polenta) or crusty rolls, to serve

CHAKALAKA

- 2 tbsp vegetable oil
- 1 onion, chopped

CHAKALAKA (CONT.)

- 3 cloves garlic, minced
- 1 tbsp curry powder
- 1 tsp ground cumin
- 1 green pepper and 1 red pepper, diced
- 2 carrots, grated
- 1 fresh chilli, chopped
- 400 g (14 oz) can chopped tomatoes
- 1 tbsp chutney (such as Mrs Ball's, or any mango chutney)
- 400 g (14 oz) can baked beans
- ½ tsp salt

Steps

1. For the chakalaka, heat the oil in a pot over medium heat. Cook the onion for 5 minutes until soft, then stir in the garlic, curry powder and cumin for 1 minute.
2. Add the peppers, carrots and chilli and cook for 5 minutes. Add the tomatoes, chutney and salt, and simmer on low for 15 minutes until thick and glossy.
3. Stir in the beans and warm through for 5 minutes. Keep warm.
4. Rub the steaks with oil, braai spice, salt and pepper, and leave at room temperature for 40 minutes.
5. Light a wood or charcoal fire and let it burn down to glowing coals, with a medium heat you can hold your hand over for 5 seconds. Grill the steaks fat side down for 4 minutes until the fat is crisp and golden.
6. Turn and cook 3 to 4 minutes per side for medium-rare, until juices bead on top. Move away from any flame that flares up.
7. Rest on a board for 5 minutes, then slice against the grain.
8. Serve with the warm chakalaka and pap or rolls.

Notes

- **Make ahead:** chakalaka improves overnight and keeps for 5 days.
- **Heat:** add a second chilli for a spicier relish.
- **Other cuts:** rump steak, sirloin or tri-tip all suit a braai.

- **Freezer:** chakalaka freezes for 3 months; thaw overnight in the fridge and reheat until steaming hot (74°C / 165°F).