

Cowboy Sauce



Makes 500ml

Preparation time: 30 min

Recipe developed and edited by Dr Alba du Toit

INGREDIENTS:

- 5 nopalitos
- 20 ml olive oil
- 1 onion, finely chopped
- 1 tin tomato and onion mix
- 15 ml Worcestershire sauce
- 10 ml sugar
- 20 ml mushroom soup powder
- 80 ml water

METHOD:

- Clean, remove the glochids and cut the nopalitos into 2 cm x 0.5 cm strips.
- Heat the oil in a frying pan and sauté the onion until soft and translucent. Add the tin of tomatoes and heat for a further 2 minutes. Turn the heat down and allow the sauce to simmer gently.
- Season the sauce with a generous amount of salt and black pepper. Stir the Worcestershire sauce and the sugar into the sauce.
- Mix the mushroom soup powder with water and stir to a paste, making sure that there are no lumps. Stir the paste into the sauce. It may be necessary to add water to adjust the consistency of the sauce.
- Add the thinly sliced nopalitos to the sauce and allow the sauce to simmer for another 5-10 minutes.
- Season the Cowboy sauce to taste and serve warm with steak and potato fries.