

## Ostrich/Beef Goulash

### Ingredients:

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

### Method:

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.