

WINTER POTJIES TO WARM YOU UP

Potjie recipes from <http://potjiekosking.co.za>

Vegetarian Potjie

Serves 4-6 people

Ingredients:

1 Large onion, quartered
1 green pepper, cut into large cubes
1 glove of garlic, chopped
3 tins chopped tomatoes
100 ml water
6 medium potatoes, peeled and cubed
4 carrots, peeled and sliced
3 celery sticks, chopped
2 turnips, peeled and chopped
1 leek, sliced
2 cups green beans, sliced
2 cups of shredded cabbage
2 tsp chopped parsley

Method:

Layer potatoes, carrots, green beans, celery, turnips, onions, pepper, leek and cabbage in the Potjie (In this order)
Add the tinned tomatoes and the water
Add salt, pepper and parsley
Cover and simmer slowly for approximately 60 minutes until done
Serve with couscous, rice or pasta

EASY Chicken Thigh Potjie

Serves 4-6

Ingredients:

50 ml cooking oil
1 kg chicken thighs
10 ml salt
5 bay leaves
5ml dried thyme
4 black pepper corns
Pinch ground allspice
80 ml chutney
500 ml carrots, peeled and sliced
6 large potatoes, peeled and sliced
500 g whole button mushrooms

200 ml boiling water
1 chicken stock cube

Method :

Heat the oil in the pot
Sprinkle the thighs with salt
Fry the chicken, a few pieces at a time, until nice and brown
Add the spices, herbs and chutney
Layer first the potatoes and then the carrots on top of the meat
Dissolve the stock cubes in the boiling water and add to the potjie
Replace the lid and simmer slowly for approximately 1 hour
After 1 hour layer the mushrooms on top of the carrots
Simmer for another 1 hour
Serve with rice

Leg of Lamb with Bacon Potjie

Serves 6 size 3 Pot is recommended.

Ingredients:

2 kg Leg of lamb
250g Bacon, cubed
300g Baby carrots, peeled
8 Medium potatoes, peeled and halved
300g Brussell sprouts
15ml Ground Coriander
25ml Brown sugar
1 Bottle dry red wine
50ml Butter
5ml Dried rosemary
250ml Sour cream
150g Dried peaches
Salt and pepper to taste
30ml Apricot jam
30ml Cake flour

Method:

Trim all the fat off the leg.
Make small cuts in the leg with a knife and stretch these cuts by pushing a finger in each cut
Fill each cut with the cubed bacon
Rub the leg well with the coriander and the brown sugar
Marinate the leg in the wine overnight
Melt the butter in the Potjie while the fire is still burning and brown the leg slightly on all sides
Add the rosemary and 50ml of the wine marinade
Cover with the lid and allow the Pot to simmer for at least 2.5 hours or until the leg is half done
Ensure that the coals are not too hot and turn the leg regularly adding some more wine marinade and not more than half of the sour cream
Add the dried fruit, cover with the lid and allow the Potjie to simmer for 45 minutes
Layer the veggies as they appear in the recipe and season with the salt and pepper

Add the remaining sour cream, cover with the lid and allow the Potjie to simmer for a further hour

When the leg is done, add the jam, cover with the lid and wait until the jam has melted

The Potjie is now ready to be served.

Remove the leg and carve it in slices

Add the flour to the sauce and stir until ready