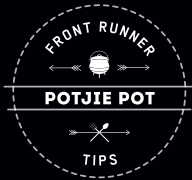

FOR A LITTLE POT, IT SURE HAS QUITE THE STORY TO TELL.



Back in the day, the Voortrekkers (Pioneers from the Cape Colony) used this pot to make food along their journey while “trekking” from the Cape Colony toward what is now known as South Africa.

Each day when these folk stopped to rest, they hunted for wild game. The catch was then added to the pot and left to simmer over an open fire, packed up after the meal and taken along with them in the pot.

Potjiekos (Poy-Key-Kos), literally meaning “small pot food”, is a traditionally South African way of cooking that has evolved into a delicious and social way of making hearty stew around an open fire with friends and family.



Potjiekos traditionally includes meat (whatever is readily available), vegetables like cabbage, carrots, pumpkin or cauliflower and starches like rice or potatoes, all left to slow-cook in Dutch-Malay spices.

These days though, anything goes, from Potjie Chips (Fries) to Biltong Potjie. Your imagination is the limit so go ahead and create something extraordinary.

HOW TO STORE YOUR POT:

Always wash it with warm water, dish-washing liquid and a scouring pad.

Make sure to dry it properly after washing it because if you don't, it will rust.

It is a good idea to store it with crumpled up newspaper inside – the paper will gather unwanted moisture and keep it from rusting.

Always rinse the pot before you use it again.



HOW TO BREAK IN YOUR POT:

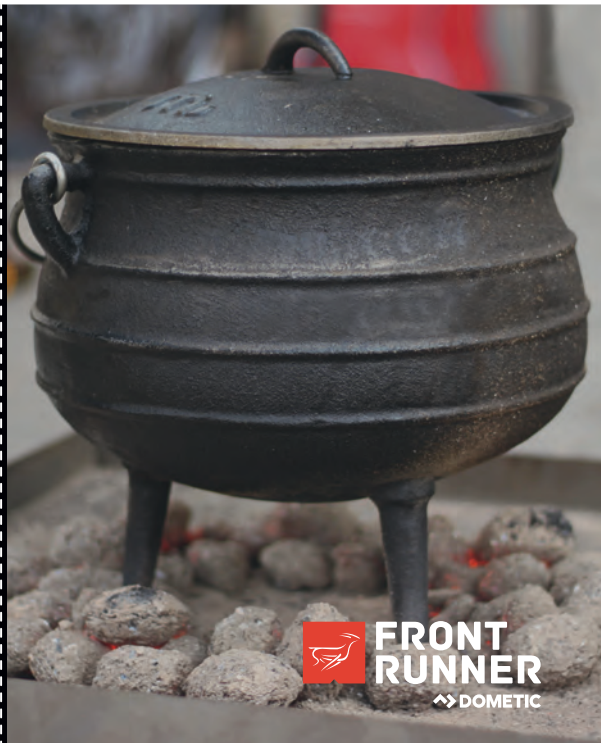
To prepare a potjie for cooking the following steps are recommended:

Wash inside thoroughly with boiling water and a scouring pad/steel wool and dry over heat.

Coat the inside with cooking oil and heat until the oil begins to smoke.

Using a paper towel, wipe the inside clean. Repeat until the towel wipes clean.

The pot is now ready for use. The more you use it the better it becomes.



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POTJIE POT



RECIPE



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CORNER-SHOP CHICKEN POTJIE*

1 Large Onion
8 - 10 Chicken Drumsticks & Thighs
1 Packet Cream of Chicken Soup
1 Small Bag of Baby Potatoes
1 Punnet of Baby Marrows
1 Punnet of Patty Pans
1 Punnet of Baby Corn
1 Packet of Pasta Rice
1 Liter Cold Water
Butter
Olive Oil
Salt
Black Pepper

*Winning recipe of Front Runner's potjie cook-off.



Method:

Cooking time: 2 hours

Prepare & cut up your vegetables and premix the soup into a jug with 1 liter of cold water. When your fire and pot are ready for cooking, pour some Olive Oil in the pot and add some butter. Make sure the base of the pot is evenly coated. Once the oil and butter start letting off a bit of smoke, add 1 chopped onion. Once the chopped onion is translucent/browned, add the chicken pieces and season with a bit of salt and pepper, then brown on both sides until the skin is crispy. When you're happy that the chicken has browned enough, add the baby potatoes. Try and spread them evenly on top of the chicken. Then pour in enough of the chicken soup to almost submerge the potatoes. Place the lid on the pot so that they can boil. Check the potatoes once in a while. Once they are just slightly over par-cooked, add the rest of the vegetables and top them up with rest of the soup mixture. There should be enough soup/liquid in the pot to almost submerge the veg. Place the lid on the pot. Check the vegetables once in a while. Once you're happy that all the veg is properly cooked, pour in and spread the pasta rice all over the veg, try and make a nice even layer that will seal the veg. Close the lid and let the pasta rice cook for a few minutes. The rice will absorb most of the liquid in the pot. Check the rice every now and then until you're happy that the rice is almost fully cooked. Don't overcook the rice. Take the pot off the fire and let it stand. The remaining heat in the pot will cook the pasta rice all the way through. Once you're happy that the rice is cooked, serve and enjoy!

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POTJIE POT



RECIPE



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LEG OF LAMB POTJIE

1kg Leg of Lamb, (Cut into 3cm Cubes)
1 tbsp Butter
3 Medium Brown Onions
10 Baby New Potatoes
10 Baby Carrots (Peeled)
8 Baby Marrows
250ml Lamb Stock
1½ tsp Salt
1 tsp Celery Salt
2 tbsp Worcestershire Sauce
2 tsp Soya Sauce
2 tsp Lemon Juice
1 tsp Dried Thyme/Rosemary
1 tbsp Brown Gravy Powder
1 tbsp Mushroom Soup Powder

Method:

Cooking time: 2 hours

Heat the butter in the pot. Stir fry the onions until translucent. Move the onions to one side and place the meat next to the onions. Using a large spoon place the onions on top of the meat. Cover and simmer for about 30 minutes until the meat creates its own juice. Place the potatoes on top of the meat without letting them touch the side of the pot. Layer carrots and then the courgettes around and on top of the potatoes. Mix 125 ml of the stock with the salt, celery salt, Worcestershire sauce, soya sauce, lemon juice and thyme (or rosemary) and add to the potjie. Cover and simmer for about 90 minutes. Use the remaining 125 ml of meat stock, mixed with the gravy and soup powder to thicken the liquid in the pot. Simmer thoroughly for 10-20 minutes. Serve with rice or cous-cous and a fresh green salad.



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POTJIE POT



RECIPE



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MOROCCAN MUSHROOM POTJIE

- 5 Carrots (Cut into 1cm thick rounds)
- 1 Butternut (Peeled and cut into chunky blocks)
- 3 Regular Sized Onions (Peeled and Diced)
- 1 Cup Dried Apricots
- 8 Large Brown Mushrooms (Rinsed)
- 1 Punnet of Button Mushrooms (Rinsed and Sliced)
- 4 Potatoes (Cut into 1cm Thick Rounds)
- 1 Head of Cauliflower (Rinsed and Separated)
- 1 Punnet of Baby Marrows (Rinsed and Halved)
- 2 Eggplants (Rinsed and cut into 1cm Thick Rounds)
- 250ml Fresh Cream
- 1 Tin of Tomato Paste
- 6 Cloves of Garlic (Peeled and Whole)
- 1 Cups Vegetable Stock
- 8 Batons of Halloumi Cheese
- 50ml Cooking Oil
- 1 Packet of Powdered Mushroom Soup

Spice Mix:

- 2 Teaspoons Ground Cumin
- 2 Teaspoons Ground Ginger
- 1 & 1/2 Teaspoon Black Pepper
- 1 Teaspoon Ground Cinnamon
- 1 Teaspoon Ground Coriander
- 1 Teaspoon Cayenne Pepper
- 1 Teaspoon Ground Allspice
- 1/2 Teaspoon Ground Cloves

Eggplant Pre-Preparation:

Slice the eggplant into 1cm thick rounds. Sprinkle evenly with salt. Transfer to a colander over a plate and set aside for 30 minutes to drain. This draws out the bitter juices. Place the colander over a large bowl or in a sink. Carefully rinse each piece of eggplant under cold water, making sure you remove all the salt. Drain. Transfer the rinsed eggplant pieces, a few at a time, to a clean work surface and pat dry with paper towel.

Method:

Cooking time: 2 hours

Fry off the Halloumi cheese in 25ml of cooking oil and finish with a dash of lemon juice and set aside for later. Heat up the remaining cooking oil. Add the onions and fry until translucent. Add the Spice Mix and thoroughly coat the onions with the spices. Add the Sliced Button Mushrooms, whole cloves of garlic and tin of tomato paste and fry until all the flavors have seeped into the mushrooms. Place the carrots at the base, followed by layers of the Potato Rounds and then the Butternut. Layer the Dried Apricots on top of this. Sprinkle some cinnamon over the Butternut. Add a cup of Vegetable Stock and let simmer for 1 hour with the lid on. Do not stir. Open the lid and layer the Eggplant, Baby Marrow and Cauliflower. Mix half of your Powdered Mushroom Soup with 250ml of cold water and pour into the pot. Cover with lid and cook for another 30 minutes. Layer the Large Brown Mushrooms at the top and pour in the Cream then season with a few pinches of salt and black pepper (and a dollop of Butter on each mushroom for added flavor) and allow to simmer, covered for the final 30 minutes. Top off with the fried Halloumi cheese from earlier, close your pot and your potjie is ready to enjoy!

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POTJIE POT



RECIPE



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CREAMY VENISON POTJIE

2kg Venison
1kg Peeled Baby Potatoes
1 Punnet Sliced Mushrooms
1 Punnet Whole Mushrooms
1 Brown Onion
50g Spring Onion
1kg Baby Carrots
Stew Spice Mix
250ml White Wine
1 Fresh Chili
1 Punnet Patty Pans
1 Packet White Onion Soup Powder
1 Tsp Crushed Garlic
500ml Cool Water
250ml Fresh Cream
1tsp Dry Parsley
15ml Cooking Oil

Method:

Cooking time: 3 hours

Chop the Onion and Fresh Chili finely and fry in the Cooking Oil along with Stew Spice Mix and Sliced Mushrooms until the Onions are translucent. Remove Onion-Mushroom Mixture from pot and brown the Venison, 1kg at a time (season to taste with Salt & Pepper). Add all the Venison and the Onion-Mushroom Mix to the potjie pot and stir together. Add the Crushed Garlic to the pot and stir through. Pour in the White Wine and stir, making sure to get all of the ingredients off the side of the pot. Leave to simmer for 20 minutes with the lid closed. Add White Onion Soup Powder to 500ml of Cool Water and mix thoroughly. Add the Baby Potatoes and Baby Carrots, along with the Soup Mix, to the potjie pot and leave covered to cook for 1 hour. Check the hard vegetables and make sure they are cooked through. Add the Fresh Cream but do not stir the pot. Chop up the Spring Onion and add it to the pot together with the Parsley. Finally add the Patty Pans and Whole Mushrooms, cover with the lid and leave to cook for 15 minutes. Remove the lid, take the pot off the coals and leave to rest for 10 minutes before serving. Serve with Brown Rice and enjoy.



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POTJIE POT

RECIPE



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OXTAIL COCKTAIL POTJIE

1.5kg Oxtail
2 Large Brown Onions (Diced)
1 Packet of Cherry Tomatoes
1 Tsp Crushed Garlic
1 Tsp Crushed Ginger
1 Punnet Patty Pans
1 Punnet Baby Squash
1 Punnet Baby Marrows
12 Baby Potatoes
4 Sweetcorn Cobs (Halved)
5 Carrots (Sliced into Rounds)
750ml Red Wine
500ml Warm Water
Fresh Thyme/Coriander
4 Curry Leaves
2 Tbsp Curry Powder
6 Whole Cloves
Ground Salt & Pepper
1 Beef Stock Block
2 Tbsp Olive Oil

Oxtail Pre-preparation:

Marinate the Oxtail in 500ml of Red Wine for 3 hours along with the Crushed Garlic, Crushed Ginger and Whole Cloves.

Method:

Cooking time: 3 hours

Heat Olive Oil in the potjie. Add the Brown Onions and Curry Powder to the Olive Oil and fry until translucent. Strain the Oxtail from the Wine Marinade and Brown the meat. Add the Marinade and let simmer for 10 minutes. Layer the Carrots and Baby Potatoes over the Oxtail and crumble the block of Beef Stock over it. Stick the Curry leaves in-between the ingredients randomly and season with Ground Salt & Pepper. Top up with the remaining 250ml Red Wine and let the potjie cook with the lid closed until the meat is tender. Layer the Cherry Tomatoes, Patty Pans, Baby Squash, Baby Marrow and Sweet Corn Cobs. Add 500ml of Warm Water then cover with lid and let simmer gently until Vegetables are cooked through. Remember not to stir the pot. The Layers of ingredients is what makes a potjie steam it's contents to perfection. Enjoy your hearty Oxtail Cocktail potjie with steamed brown rice or seasoned potato mash.



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POTJIE POT



RECIPE



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DUTCH OVEN BREAD

Beer Bread:

500g Self Raising Flour
1 330ml Tin of Beer
2 Pinches of Salt
1 tbsp Butter

Cheddar & Buttermilk Bread:

500g Self Raising Flour
300ml Cultured Buttermilk
200g Cheddar Cheese
1 Packet of Powdered Brown Onion Soup
2 tsp Dried Origanum
1 tbsp Butter

Method:

Cooking time: 30 minutes

Preheat a flat based dutch oven over coals and line the base with a few large stones.

Beer Bread:

Grease a medium sized bread tin with the Butter. Add the Self Raising Flour into a large mixing bowl along with the Salt and create a well in the center. Crack open the beer and add it into the center of the well you created in the Self Raising Flour. Start incorporating the Self Raising Flour into the Beer by running your fingers in a circular motion along the edge of the well. Form the incorporated mixture into a soft dough and add to the Greased Bread Tin. Place into the dutch oven, using the stones to separate the tin from the pot's base. Close the lid and let bake through.

Cheddar & Buttermilk Bread:

Grease a medium sized bread tin with the Butter. Add the Self Raising Flour into a large mixing bowl along with the Salt. Grate the Cheddar Cheese into the mixing bowl. Mix the Powdered Brown Onion Soup into the Buttermilk along with the Origanum. Create a well in the center of the Flour Mixture and pour the Buttermilk Mixture into the center of the well. Start incorporating the Self Raising Flour into the Buttermilk Mixture by running your fingers in a circular motion along the edge of the well. Form the incorporated mixture into a soft dough and add to the Greased Bread Tin. Place into the dutch oven, using the stones to separate the tin from the pot's base. Close the lid and let bake through.

