



LAMB POTJIE

INGREDIENTS

- 1 kg beef chuck or lamb, cubed
- 2 tablespoons olive oil
- 2 large onions, chopped
- 4 garlic cloves, minced
- 4 large carrots, sliced
- 4 potatoes, cubed
- 1 cup green beans, chopped
- 1 bell pepper, chopped
- 1 can (400g) chopped tomatoes
- 2 cups Namaqua Pinotage wine
- 2 cups beef or vegetable stock
- 2 tablespoons tomato paste
- 2 tablespoons Worcestershire sauce
- 2 tablespoons soy sauce
- 2 bay leaves
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary
- Salt and pepper to taste

INSTRUCTIONS

- (1) Prepare a medium-sized fire, ensuring you have enough coals to keep the potjie at a steady, moderate heat.
- (2) Heat the olive oil in the potjie pot over the coals. Add the cubed meat and brown it on all sides. Remove the meat and set it aside.
- (3) In the same pot, add the chopped onions and garlic. Sauté until the onions are translucent.
- (4) Add the carrots, potatoes, green beans, and bell pepper to the pot. Stir well to combine with the onions and garlic.
- (5) Return the browned meat to the pot. Add the chopped tomatoes, Namaqua Pinotage wine, and beef or vegetable stock. Stir in the tomato paste, Worcestershire sauce, and soy sauce.
- (6) Add the bay leaves, thyme, rosemary, salt, and pepper. Stir everything together, ensuring the ingredients are well mixed.
- (7) Cover the potjie pot with its lid. Allow the potjie kos to simmer gently over a moderate heat for about 2 to 3 hours. Stir occasionally, checking that the potjie maintains a gentle simmer. Add more coals if necessary to keep the heat steady.
- (8) The potjie is ready when the meat is tender and the vegetables are cooked through. Taste and adjust seasoning if needed.
- (9) Serve the potjie kos hot, preferably with rice, crusty bread, or a traditional South African side dish like pap (maize porridge).