

## BEEF POTJIEKOS

15 ml Cornflour  
5 ml Paprika  
1kg Beef cubed  
15 ml Butter  
2 medium onions, thinly sliced  
15 ml White sugar  
8 Green beans, sliced  
4 Carrots, peeled and thinly sliced  
1 Clove garlic, finely chopped  
5 ml Mixed dried herbs or marjoram  
250 ml Beef stock  
1 Bay leaf  
15 ml vinegar  
10 ml Cornflour, salt and pepper to taste  
10 ml potjiekos masala

### METHOD

Marinate meat cubes with flour and paprika, melt butter & oil in pot and brown the meat over medium hot coals. Remove and set aside. Fry the onions and sugar, stirring now and then until onions are tender. Add the beans, carrots and garlic & simmer for 5 minutes. Return the meat to the pot & stir in the herbs, bay leaf and potjiekos masala. Simmer till meat is tender. Approximately 1 hour and 20mins. Stir occasionally, using a wooden spoon. Mix vinegar and cornflour & stir in. Simmer until gravy has thickened and add salt and pepper for taste.

## OXTAIL POTJIEKOS

1 kg oxtail pieces  
3 Medium onions, finely sliced  
5 medium carrots, cut into strips  
12 baby potatoes  
250 g button mushrooms  
1 large tomato sliced  
5 ml chopped parsley  
10 whole onions  
2 garlic cloves, finely chopped  
30 ml butter  
0.5 red chilli, finely chopped  
5 whole cloves  
5 ml mixed herbs  
2 bay leaves  
500ml warm water, salt & pepper to taste  
62 ml brown vinegar  
20 ml honey  
10 ml potjiekos masala

### METHOD

Heat the butter, fry the meat in the pot for about 15 minutes. Add onions, garlic, chilli, cloves, herbs, bay leaves, salt & pepper and potjiekos masala fry for a further 15 minutes.

(Add warm water if pot gets too dry.) Now add the 500 ml warm water, cover with lid and allow the potjie to simmer for about 2 hours. Mix remaining ingredients to potjie. Layer veggies on top, sprinkle parsley and allow to simmer for another 1 hour.