

POTJIEKOS RECIPE

A South African one-pot wonder, a traditional potjie filled to the brim with tender meat and veggies is a wonderful way to feed a crowd on a special occasion. This beef potjie recipe is so versatile because you can add any other veggies of your choice.

Ingredients:

- 45 ml (3 tbsp) vegetable oil
- 1 large onion, peeled and chopped
- 3 large cloves garlic, peeled and crushed
- 2 leeks, sliced
- 1 kg beef stewing steak, cubed
- 250 ml vinegar
- 100 g tomato paste
- 4 carrots, peeled and cubed
- 2 punnets button mushrooms, halved
- 4 cobs of corn (mielies), cut into 3 pieces (each mielie)
- 5 ml (1 tsp) Atlas thyme
- 10 ml (2 tsp) Atlas Potjiekos Spice
- 1 beef stock pot
- 1 l water
- 1 large handful green beans, trimmed and halved

Method:

- 1) Heat the oil in a large cast iron potjie over hot coals, or in a heavy-based pot on the stove, and fry the onion, garlic and leeks until soft.
- 2) Add the beef cubes and fry until well browned.
- 3) Add the vinegar and tomato paste, stir well, and then allow simmering until reduced by almost half.
- 4) Add the carrots, mushrooms, mielies, thyme, Beef Stock Pot and water. Do not stir your pot – allow the vegetables to sit in layers on top of the meat.
- 5) Simmer with the lid on for 1 ½ to 2 hours, or until the beef is tender.
- 6) About 10 minutes before serving, mix the Potjiekos masala with some water to make a smooth paste, then stir into the potjie together with the green beans. Simmer until the green beans are tender and the sauce has thickened.
- 7) Serve with rice, pap, mash or steam bread.