

8

# Potjie Recipe eBook

Traditional  
South African  
Recipes

# *Potjie Recipe eBook*

## *Index*

- **Filling Lamb Shank Potjie Pot**
- **Tasty Oxtail Potjie Recipe**
- **Chicken and Noodle Potjie Recipe**
- **Creamy Seafood and Wine Potjie Recipe**
- **Curry and Yellow Rice Potjie Page**
- **Easy Biltong Pasta Potjie Recipe**
- **Vegetable Mushroom and Lamb Potjie Recipe**
- **Venison lamb potjie with baby onions**



# Filling Lamb Shank Potjie Pot

**Filling Lamb Shank Potjie Pot. A South African family pot around the fire with lamb shank and potatoes. Simmering on coals while chatting.**

Prep Time: 15 min  
Cook Time: 3 Hours  
Total Time: 3 hours 15 min

## Ingredients

2 Medium Onions, finely chopped

1 Green Chili, chopped  
*2 - 3 leeks, sliced*

1 Tin Rhodes Mexican Style mix

5 Pieces Lamb Shanks

3 - 4 potatoes, peeled and quartered

Mix veg of your choice

Olive Oil

Fresh Thyme

Fresh Basil

1 Mutton Stock Cube, dissolved in a cup of boiled water

1 Tbsp Hot fruit Chutney



## Instructions

A potjie is placed over a charcoal fire or at a designated fire area. You can cook it over a gas cylinder

or a weber braai. Just make sure it is kept at a constant medium heat.

Pour your oil in the potjie pot, allow to heat up for a minute.

Fry your onions and chili, stir and let it sizzle for a minute.

Then add your leeks, thyme and basil, stir and allow to fry for a minute.

Pour in the Rhodes Mexican Style mix, stir and allow the flavors to mix.

Place the lamb shanks in the pot, make sure the meat has some of the mix coated over it.

Pour in the mutton stock and chutney.

Place the Potjie lid on top of the pot and leave for about an hour.

When an hour has past, take the lid off and add the potatoes (with the bowl of water it is in), into the pot. Stir.

Place the lid back on top of the pot and allow to simmer and cook for another hour or two.

**Note:** Your potjie is ready when the potatoes are soft and the meat falls off the bones.

It's best served with rice and/or rolls.

### Notes

Potjie pot simmering on coals takes some time.

# *Tasty Oxtail Potjie Recipe*

**Tasty Oxtail Potjie Recipe features a tender oxtail meat braised in a flavorful gravy and vegetables, served on a bed of rice or potato.**

Prep Time: 15 min  
Cook Time: 4Hrs 30 min  
Total Time: 4 Hrs 45min  
Yield: 8

## *Ingredients*

**1 kg of oxtail joints**

**3 Tablespoons of olive oil**

**1/2 cup of flour for dusting**

**1 medium onion**

**3 cups of red wine**

**1 cup of water**

**salt and pepper**

**1 tin of chopped tomatoes**

**1 tablespoons of tomato paste**

**2 tablespoons of crushed garlic cloves**

**2 bay leaves**

**3 sprigs of rosemary or dried**

**8 – 10 whole baby onions peeled**

**2 cups of chopped green beans**

**packet of oxtail soup**

**10 medium potato's halved**

**6 medium carrots cleaned and sliced**



# *Tasty Oxtail Potjie Recipe page 2*

## *Instructions*

Firstly the fire should have been started and coals should be hot for the start of the potjie.

Heat the potjie pot on the coals and add the olive oil, chopped onions and garlic.  
Then dust the dried oxtail meat with the flour and add to the potjie.

Brown the oxtail pieces of meat lightly being careful not to burn them.

Once the meat is braised and brown add the wine, water tomato and paste peppercorns,  
and season with salt and pepper. Top with rosemary sprigs and bay leaves.

Place the lid on and simmer the potjie over a medium heat for about 2 1/2 hours.  
Checking that the coals stay warm and a medium heat. (continuedly check the coals  
and provide more under the potjie pot)

At this stage make sure that the meat is just covered with liquid. You could add a little water  
if needed.

Add the baby onions, carrots and potato's. Cook for another hour.

Then you mix the oxtail soup with the required water and add it to the potjie.  
With the green beans and simmer for another hour.

You keep an eye on the coals and liquid in the potjie and cook until the meat falls of the  
bones and is tender.

Season with ground Himalayan salt and black pepper, serve on rice. Or even make a  
pot bread to break and eat with the potjie. OH so Yummy.

## NOTES

# Chicken and Noodle Potjie Recipe

**Chicken and Noodle Potjie Recipe. Make a fire and collect coals for this chicken noodle mushroom and peppers potjie pot with dry white wine.**

Author: FillMyRecipeBook

Prep Time: 15 min

Cook Time: 1 hr 20 min

Total Time: 1 hr 35 min.

Yield: 4



## Ingredients

**8 Chicken Breasts**

**30 ml olive oil**

**Salt and Pepper**

**4 cloves of garlic cut and chopped**

**2 celery sticks chopped**

**2 tomatoes sliced**

**1 green bell pepper cut length wise**

**250 g whole button mushrooms**

**250 ml spring onions chopped**

**15 ml of chopped parsley**

**2 teaspoons mixed herbs**

**500 g uncooked pasta shells**

**1 teaspoon of whole black pepper**

**1/2 teaspoon of dried rosemary**

**200 ml dry white wine**

**250 g grated cheese**



# *Chicken and Noodle Potjie Recipe*

## *Page 2*

### *Instructions*

On the fire made leave the wood or charcoals to go to hot coals.

Place the oil in the potjie pot and salt and pepper the chicken pieces. Place the chicken pieces in the pot and leave to cook. until golden brown.

Layer the vegetables as per order in the ingredients listed. Sprinkling the salt and pepper and herbs over the vegetables.

Add the pasta shells and sprinkle the peppers and rosemary over them, before you pour the wine over the shells and the rest of the ingredients.

Cover the pot with a lid and allow to simmer on medium coals for at least an hour.

Once that is cooked sprinkle the cheese over and leave to simmer for another 20 minutes.

Open and dish up for meal time. Serves 4

#### **Notes**

When making or cooking a potjie pot. It must only simmer on coals, and not flames. You will keep a stack of coals simmering to continue supplying the pot that is simmering once the other coals die out. Keep an eye on the coals and not the potjie. leave covered.

## NOTES

# *Creamy Seafood and Wine Potjie Recipe*

**Creamy Seafood and Wine Potjie Recipe. A mix bag of seafood required for this potjie pot with some dry white wine and peppadew peppers.**

Author: FillMyRecipeBook

Prep Time: 30 min

Cook Time: 35 min

Total Time: 65 min

Yield: 6

## *Ingredients*

250 ml of full cream



500 g of mixed seafood of choice (muscles, shrimps so on)

1 white onion chopped

5 piquante peppers(peppadew peppers) chopped finely

250 g mushrooms chopped

2 medium tomatoes chopped

1 bottle of dry white wine

salt and pepper to taste

4 teaspoons of garlic cloves finely chopped

olive oil to baste with.

## *Instructions*

Light the coals or wood and allow coals to cool down to a medium heat.

Once the coals have died down, put your medium pot over the coals and add the oil to cover the bottom of the pot. Once the oil has heated up, add the onions, stir and allow to go translucent.

Once the onions look glossy, add the mushrooms, stir and allow to fry for a minute.

Once the mushrooms have softened slightly, add the piquante peppers (ie peppadew peppers), tomatoes and garlic. Stir and allow to fry. Add the seafood mix, stir.

Add 4 cups white wine to the medium pot, to allow the seafood and onion mix to simmer.

For 30 minutes allow the seafood mixture to simmer in the juices and white wine with the lid on.

Watch the pot, and make sure the liquid does not dry out. If it does keep adding white wine.

After 30 minutes, add the cream gradually, stir and allow to simmer over a medium to low heat with the lid off.

Once the liquid looks thicker, take the pot off the heat.

Serve with fresh bread rolls and salad.

### **Notes**

Any mix of seafood can be added that you prefer.

Shell fish goes well with a light white wine, or sparkling wines.



# Curry and Yellow Rice Potjie

**Curry and Yellow Rice Potjie. Make two potjies at the same time over coals that keep the pot simmering and serve with tomatoes and banana.**

Author: FillMyRecipeBook  
Prep Time: 15 min  
Cook Time: 60 min  
Total Time: 75 min  
Yield: 6



## Ingredients

### For Beef curry

2 tablespoons of olive oil

1 chopped white onion

2 garlic cloves crushed

1 teaspoon of ground ginger (fresh or dried)

1 1/2 teaspoons turmeric

1 teaspoon ground coriander

1 teaspoon of ground cumin

1 teaspoon of garam masala

pinch of salt and pepper to taste.

You can add as optional a few drops of chili sauce

1 bay leaf

1 stick of cinnamon

500 g of ground beef minced

1/2 cup of Mrs Balls Chutney (or any other available chutney)

1 large chopped tomatoes

3 medium potatoes cubed

150 g mixed dried fruit

Salt and pepper to taste

150 ml of melted beef stock cubes

# Curry and Yellow Rice Potjie Page 2

for yellow rice

500 g of long grained rice ( 5 cups of warm water)

3 tablespoons of olive oil

1 copped onion

1 teaspoon of cumin

couple of black pepper corns

3 bay leaves

1 teaspoon of turmeric

50 g of raisons

## Instructions

This recipe is for a two pot potjie, as you cook the rice in another pot and curry mince in one. So you can prepare both at the same time.

For the curry mince potjie

Add the olive oil to a warm potjie that is already on some coals. Add the onion garlic and ginger, sauté until golden.

Then add all the spices and leave to simmer for a few minutes. (not letting it burn.)

Add the ground minced beef, a little at a time breaking it up and stirring until it just starts to brown.

Then add the chutney tomatoes potato's and the dried fruit. The stock cube must be placed

in boiling water and dissolved before adding to the potjie, then salt and pepper the pot.

Leaving it to simmer for about 20 - 30 minutes with the lid on. (keeping the lid on is what potjie pot is about) Until the potato's as well as the dried fruits are soft and cooked.

For the Yellow Rice potjie

Add the olive oil to the pot and sauté up the onions until brown.

Add all the spices for rice and the rice. Stir in the onions.

Then add the raisons and salt and the hot water for the rice. leave to cook gently with the lid on for about 20 minutes.

Watching the coal that they heat the potjie evenly and it keeps the potjie on an even heat. Add more water if needed.

While doing both potjie pots at the same time don't worry about the potjies having been cooked at different times as you leave the lid on the cast iron potjie and it will keep the ingredients warm.(no need to leave it over coals. it might burn)

Enjoy plated up with some bananas as well as a salad of tomatoes.

# *Easy Biltong Pasta Potjie Recipe*

**Easy Biltong Pasta Potjie Recipe made with cream and cheddar cheese. Heated slowly over some coals with biltong and ingredients.**

Author: FillMyRecipeBook

Prep Time: 15 min

Cook Time: 1 hr

Total Time: 1 hr 15 min

Yield: 4



## *Ingredients*

**12 Onions chopped**

**2 cloves of crushed garlic**

**500 g of mushrooms**

**2 sprigs of Thyme**

**1 kg of biltong (not dry but with meat a little red)**

**1 kg of frozen mixed veggies. (or tin of corn) optional**

**1.500 kg of pasta shells or twirls**

**2 red and green bell pepper sliced**

**5 cubes of chicken stock**

**750 ml sour cream**

**8 tablespoons of tomato paste**

**1 kg of cheddar grated cheese**

# *Easy Biltong Pasta Potjie Recipe Page 2*

## *Instructions*

**Fry onion in the medium heated potjie over the coal with a little olive oil until tender.**

**Add the garlic crushed and bell peppers and cook for about 5 minutes.**

**Reduce your heat on the potjie pot. (take away some coals from under the potjie)**

**Add the vegetables, Then place the pasta shells on top and then the sauce with the chicken stock cubes. Place the lid on and let it simmer for about 30 minutes.**

**Then add the sour cream mushrooms and mix all together.**

**The biltong and cheddar cheese can now be added to this mixture and mix all together.**

**Then place the lid on the potjie and let it simmer on a low heat of ash coals for another 30 minutes.**

**Serve and enjoy with salads or bread**

# *Vegetable Mushroom and Lamb Potjie Recipe*

**Winter warming recipe for Lamb and Veggie  
Potjie on coals**



## *Ingredients*

- 2 kg lamb knuckles cut into 4cm lengths**
- 1 x 200 ml Ina Paarman's Sun-dried Tomato Coat  
& Cook Sauce**
- 3 onions, chopped**
- 1t (5ml) Ina Paarman's Green Onion Seasoning**
- 3 T (45 ml) canola or olive oil**
- 2 cups (500 ml) water or white wine or half  
and half**
- 3 t (15 ml) Ina Paarman's Chicken Stock Powder**
- 500g baby potatoes, unpeeled and cut in half**
- 4 cloves garlic, cut into slivers lengthways**
- 6 large carrots, cut into thin rings**
- 2 red bell peppers, seeded and thickly sliced**
- 1 eggplant (aubergine), cut into cubes (optional)**
- 1/2 cup (125 ml) chopped parsley**
- 1 punnet (250g) brown mushrooms**
- 6 T (90 ml) garlic and herb butter  
(see Chef's tip below)**
- Ina Paarman's Vegetable Spice**

Continued pg 2

## *Vegetable Mushroom and Lamb Potjie Recipe*

### *How to*

**Coat the lamb knuckles with the Sun-dried Tomato Sauce and leave at room temperature for 1 hour.**

**The sauce will help to tenderize the meat. Season onions with Green Onion Seasoning and brown them in the oil. Add meat, sauce and the water or wine.**

**Add the Chicken Stock Powder. Stir well and allow to simmer for 1 1/2 hours.**

**Layer the vegetables in order as given, on top of the meat, seasoning each layer lightly with Vegetable Spice.**

**Place pats of garlic and herb butter on top of the mushrooms (stem side up). Cook slowly with lid on without stirring.  
for 35-40 minutes.**

# *Venison Lamb Potjie with Baby Onions*



## *Main Dish Ingredients*

- 4 lamb shanks (about 1 ½ kg) or 3 springbuck shanks and 1 lamb shank, cut into 5 cm pieces**
- 3 T (45 ml) canola oil**
- 1 T (15 ml) Ina Paarman's Meat Spice**
- 1 large onion, chopped**
- ½ t (2,5 ml) Ina Paarman's Green Onion Seasoning**
- 2 large carrots, cut into rings**
- 50 g tin anchovy fillets**
- 400 g tin chopped tomatoes**
- 1 x 125 g Ina Paarman's Sun-dried Tomato Pesto**
- 2 cups (500 ml) water**
- 2 x 25 g Ina Paarman's Liquid Beef Stock**

## *Baby onions*

- 700 g-1 kg baby (pearl) onions, peeled but kept whole**
- ½ cup (125 ml) water**
- ¼ cup (60 ml) brown sugar**
- 1 t (5 ml) Ina Paarman's Green Onion Seasoning**
- ¼ cup (60 ml) Ina Paarman's Classic Balsamic Vinaigrette**



Continued pg 2

## *Venison lamb potjie with baby onions*

### *Rosemary Gremolata*

**3 T (45 ml) fresh rosemary needles, chopped  
4 cloves of garlic, crushed  
grated rind of 1 lemon**

### *How To*

**Brown the shank pieces in the canola oil.  
Remove to a plate and season with Meat Spice.  
Brown the onion, pre-seasoned with Green  
Onion Seasoning in the remaining oil, add the  
carrots. Add the anchovies and all their oil to  
the vegetables and stir-fry for 2-3 minutes.  
Add chopped tomatoes and Tomato Pesto. Stir  
through. Add water and Liquid Beef Stock.**

Continued to pg 3

continued pg 3

## *Venison Lamb Potjie with baby onions*

**Return meat to pot. Place the lid on the pot and heap some coals onto the lid. Cook on a very slow fire for about 2 – 3 hours. Make sure you keep heaping coals on the lid if cooking on an open fire – otherwise keep the lid of the Weber tightly closed.**

**Can also be cooked in a casserole dish in the oven at 150°C for 2 ½ – 3 hours.**

**In a large frying pan with a lid, steam cook the peeled onions in the water until just tender.**

**Add the sugar, Green Onion Seasoning and Balsamic Vinaigrette. Remove the lid and shake the pan over high heat to roll and caramelize the onions. Add the caramelized onions to the potjie. Taste for seasoning.**

**Prepare the rosemary gremolata by chopping and mixing all the ingredients together.**

**Sprinkle over the meat. Serve with Polenta with Fresh Mielies to absorb the delicious sauce.**