

LAMB POTJIE

SERVES 6

COOK TIME: 3 HRS

INGREDIENTS

1 kg chopped lamb neck
1 kg sliced lamb shank
3 large onions, sliced
3 large potatoes, cut into chunks
250 g large mushrooms, sliced
250 g small carrots
250 g baby marrows
250 g mini corn
50 g brown onion soup powder
10 ml dried rosemary
10 ml salt
200 ml beef stock (1 tablespoon beef extract dissolved in water)
250 ml red wine

FOR SAUCE

250 ml Ideal milk
250 ml chutney
1 heaped tablespoon medium curry

METHOD

Light your fire. It will take a while for the coals to get ready, so get it going before you start preparing your ingredients. If you're using a gas braai, preheat your braai to 180° C. Keep your braai lid closed to avoid losing the heat.

Heat your oil in your potjie pot. Once the oil is hot, sauté sliced onions until golden brown. Remove the onions and set them aside.

Place lamb neck and shanks in the heated potjie and brown them. Add salt and rosemary.

Once the meat is well-browned, add onions, red wine, and beef stock. Leave to simmer for 1 hour, 15 minutes.

Add potato chunks, carrots, and brown onion soup powder. Simmer for 30 minutes.

Mix the sauce ingredients and add to the potjie, then add mushrooms, baby marrows, and mini corn. Simmer for 10-15 minutes.

Enjoy with samp mielies.



