



POTJIE KOS WITH MEATY BONES

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Yield: 4-8 servings // Prep time: 30 mins // Cooking time: 2 hours 30 mins // Total time: 3 hours

BEEF

2 tablespoons Oil
1,5 to 2 kg Beef shin, with bone in
2 teaspoons Salt
1 teaspoon Freshly ground pepper
2 medium Onions, diced
1 cup Celery, diced
1 cup Carrots, diced
2 cloves Garlic, crushed
2 tablespoons Tomato paste
850 ml Beef stock
1 cup red wine
2 tablespoons Worcestershire sauce
5 Bay leaves
2 Sprigs Fresh rosemary
2 teaspoons Salt
1 teaspoon Pepper
6 medium Carrots, cut into chunks
250g White button mushrooms
6 medium Potatoes, cut into chunks

My favourite beef or lamb dish is a potjie by far... we're so busy nowadays and we don't get to spend quality time with our friends and family... there's no better-quality time than sitting by the fire reminiscing and sharing our hopes and dreams while we collectively put our effort and love into a dish that we all get to share and enjoy at the end. This dish can bring everyone together despite each one's preferences. Everyone usually looks forward to dishing and eating from the same pot we collectively made.

METHOD

1. Heat the oil in a potjie or other heavy based pot. Season the meat with salt and pepper, and brown in heated oil.
2. Add the diced onion, celery, and carrots, plus the garlic, and fry with the meat for 8 minutes. Add the tomato paste and stir into the vegetables and fry until it starts to caramelize.
3. Add the stock, red wine, Worcestershire sauce, bay leaves, rosemary, salt and pepper, and cook with the lid on low heat for 1 and a half hours.
4. Add the carrots, mushrooms, and potatoes, and cook for another hour until the meat is tender and the potatoes are cooked.
5. Serve with samp and a peach chutney.

