

POTUJEKOS



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MEXICAN CHICKEN POT

If you enjoy Mexican food, you'll not be able to refuse this chicken pot. It's unique taste is mainly thanks to the mixture of herbs and spices and it's so filling that nothing extra, besides a nice tossed salad, needs to be served with the pot. It's enough for 5 to 6 people and a # 3 pot is recommended.

INGREDIENTS

30ml Cooking oil	10ml Dried parsley
2kg Chicken pieces	5ml Garlic flakes
5 Medium-sized onions, diced	5ml Lemon pepper
1 Green-chilli, seeded and diced	5ml Dried oreganum
250ml Water	2.5ml Ground black-pepper
5 Carrots, peeled and sliced	1.25ml Peri-Peri powder
6 Medium potatoes, peeled and cubed	125ml Dry white wine
125ml Uncooked rice	30ml Sugar
200g Frozen green peas	20ml Salt
15 Whole button mushrooms	15ml Medium curry powder
2 Tomatoes, diced	1 cube Chicken stock, crumbled

METHOD

- ⇒ Heat the oil in the pot and braai the chicken, a few pieces at a time, until golden brown. Remove and brown the onions and chilli until soft. Replace the chicken and add the water. Cover with the lid and allow to simmer for 15 minutes.
 - ⇒ Layer the veggies and rice as they appear above and sprinkle the herbs and spices on top. Cover with the lid and allow to simmer for another 15 minutes.
 - ⇒ Mix the wine and the rest of the ingredients and pour over the food. Cover with the lid and allow to simmer for 30 minutes or until the rice is done. Give the pot a good stir before serving.
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YOGHURT & CHICKEN POT

This uniquely flavoured pot is a favourite and already won the Northern Transvaal Potjiekos Competition. The lemon peel gives an extra bit of flavour to the food. The pot can be served with baked potatoes or on a bed of rice as the pot has a lovely sauce. It's enough for 6 to 8 people and a # 3 pot is recommended.

INGREDIENTS

	MARINADE
2kg Chicken pieces	
2 Green peppers, cut length-wise	500ml Yoghurt
300g Carrots, peeled and sliced	500ml Dry white wine
6 Large potatoes, peeled and quartered	10ml Dried thyme
100g Dried apricots	10ml Grated lemon peel
200g Green beans, cut into pieces	1 Large onion, finely chopped
150g Mushrooms, sliced	5ml Ground black pepper
Salt to taste	3 Bay leaves
1 Packet of mushroom soup	5ml Dried 'dragon'

METHOD

- ⇒ Mix all the ingredients of the marinade, pour over the chicken and allow to marinate for 6 to 8 hours.
- ⇒ Heat the pot until very warm and braai the chicken, a few pieces at a time, along with the green pepper until golden brown.
- ⇒ Layer the carrots, potatoes, apricots, beans and mushrooms above the meat.
- ⇒ Sprinkle the salt over and pour in the marinade.
- ⇒ Cover with the lid and allow the pot to simmer for approximately 2 hours.
- ⇒ If, after this, there is still too much liquid in the pot, mix the soup powder in the sauce and allow the pot to simmer for a further 15 minutes.

NOODLE & CHICKEN POT

This delicious pot is so filling that it can be served on it's own. However, if so desired, a lovely tossed salad can be served along-side the pot. The food. The pot can be served with baked potatoes or on a bed of rice as the pot has a lovely sauce. It's enough for 4 to 6 people and a # 3 pot is recommended.

INGREDIENTS

8 Chicken breasts 'dye'	15ml Parsley, finely chopped
Salt & pepper to taste	10ml Mixed herbs
30ml Cooking oil	500ml Uncooked shell noodles
2 Celery sticks, chopped	5ml Ground black pepper
2 Tomatoes, sliced	3ml Dried rosemary
1 Green-pepper, cut lengthwise	250ml Dry white wine
250g Whole button mushrooms	250ml Grated cheddar cheese
250ml onion grass, chopped	

METHOD

- ⇒ Spice the chicken with the salt and pepper.
 - ⇒ Heat the oil in the pot and braai the chicken, a few pieces at a time, until golden brown.
 - ⇒ Layer the veggies in the order as above and sprinkle the parsley and mixed herbs over all.
 - ⇒ Now add the shell noodles and sprinkle the pepper and rosemary over before pouring the wine over all the ingredients.
 - ⇒ Cover with the lid and allow to simmer for about 1 hour.
 - ⇒ Sprinkle the cheese over and allow to simmer for a final 20 minutes.
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CHICKEN IN CREAM SAUCE POT

This delicious pot has a lovely, thick cream sauce with a chicken and bacon flavour. It can be served on a bed of rice or with a pot-bread. It's enough for 4 to 6 people and a # 3 pot is recommended.

INGREDIENTS

6 Chicken breasts 'dye'	12 Baby onions, peeled
Chicken spice to taste	10 Baby potatoes, peeled
250g Rindless bacon, cubed	750ml Frozen mixed vegetables
4 Medium onions, diced	300g Mushrooms, sliced
60ml Smooth apricot jam	Aromat to taste
100ml Water	1 Packet of oxtail soup
15ml Worcester sauce	1 Packet of onion soup
500ml Fresh cream or	250ml Cream + 250ml milk

METHOD

- ⇒ Spice the chicken with the chicken spice.
 - ⇒ Heat the oil in the pot and braai the bacon for about 5 minutes.
 - ⇒ Add the onions and apricot jam and braai until soft.
 - ⇒ Now add the chicken, water and worcester sauce, cover with the lid and allow it to simmer for about 15 minutes.
 - ⇒ Add the onions and potatoes and allow the pot to simmer for a further 10 minutes.
 - ⇒ Next add the veggies and the mushrooms.
 - ⇒ Sprinkle a little aromat over the pot, cover with the lid and allow to simmer for 30 minutes.
 - ⇒ Mix the soup powder with the cream and add it to the pot. Cover and allow it to simmer for a final 30 minutes.
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WATERBLOMMETJIE POTJIE

This traditional South African potjie is a must. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

1kg Waterblommetjies	2.5ml Ground black pepper
12 Pieces of sheep neck	500g Baby carrots, peeled
4 Medium-sized onions, diced	15 Medium potatoes, quartered
250ml Water	500g Cauliflower
6 Black pepper-corns	500g Whole button mushrooms
4 Bay leaves	6 Baby marrow, sliced
3 Whole 'kruienaeltjies'	4 Tomatoes, cubed
15ml Salt	500g Mixed dried fruit, soaked in water for 1 hour
15ml Aromat	250ml Dry white wine
10ml Dried parsley	90ml Bisto in 125ml Water

METHOD

- ⇒ Heat the pot and melt the butter. Then brown a few pieces of meat at a time and remove.
 - ⇒ Brown the onions until soft.
 - ⇒ Return the meat and add the water, pepper-corns, bay leaves and 'naeltjies' and 10ml of the salt.
 - ⇒ Cover with the lid and allow the pot to simmer for about 1 hour.
 - ⇒ Mix the aromat, parsley, pepper and the remaining salt and sprinkle in-between the layered vegetables (layer the veggies as they appear in the recipe).
 - ⇒ Place the dried fruit on top and allow the pot to simmer for about 1.5 hours.
 - ⇒ Sprinkle a little aromat over the pot, cover with the lid and allow to simmer for 30 minutes.
 - ⇒ Finally, add the wine and the bisto solution 30 minutes before the pot is served.
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HAVE-SOME-MORE SHEEPNECK & VEGGIES POT

This saucy pot is not only tasty but also so colourful that your guests' appetite will be wet before they've even tasted it. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

30ml Butter	2.5ml Ground black pepper
12 Pieces of sheep neck	500g Baby carrots, peeled
4 Medium-sized onions, diced	15 Medium potatoes, quartered
250ml Water	500g Cauliflower
6 Black pepper-corns	500g Whole button mushrooms
4 Bay leaves	6 Baby marrow, sliced
3 Whole 'kruienaeltjies'	4 Tomatoes, cubed
15ml Salt	500g Mixed dried fruit, soaked in water for 1 hour
15ml Aromat	250ml Dry white wine
10ml Dried parsley	90ml Bisto in 125ml Water

METHOD

- ⇒ Heat the pot and melt the butter. Then brown a few pieces of meat at a time and remove.
- ⇒ Brown the onions until soft.
- ⇒ Return the meat and add the water, pepper-corns, bay leaves and 'naeltjies' and 10ml of the salt.
- ⇒ Cover with the lid and allow the pot to simmer for about 1 hour.
- ⇒ Mix the aromat, parsley, pepper and the remaining salt and sprinkle in-between the layered vegetables (layer the veggies as they appear in the recipe).
- ⇒ Place the dried fruit on top and allow the pot to simmer for about 1.5 hours.
- ⇒ Sprinkle a little aromat over the pot, cover with the lid and allow to simmer for 30 minutes.
- ⇒ Finally, add the wine and the bisto solution 30 minutes before the pot is served.

MUTTON-COMBINATION POTJIE

This delicious pot is best served with yellow rice and raisins. It's enough for 6 - 8 people and a # 3 pot is recommended.

INGREDIENTS

30ml Butter	250ml Dry red wine
2 kg of mixed meat i.e. skenkel, nek & ribbetjie	50ml Chutney
2 Medium-sized onions, diced	50ml Tomato sauce
20 Baby potatoes, peeled	50ml Worcester sauce
1 kg frozen mixed vegetables	30ml Maizena
3 Medium sized sweet-potatoes, sliced	30ml Oxtail soup powder
Salt & pepper to taste	25ml Soya sauce
SAUCE	15ml Bisto
500ml Warm water	10ml Garlic flakes
2 Cubes of beef stock	0.6ml Fine 'kruienaeltyes'
10 ml Dried oreganum and rosemary	5 ml Grated lemon peel

METHOD

- ⇒ Smear the pot well with the butter and heat the pot until it is very hot. Then brown a few pieces of meat at a time and remove. The meat has now braaied out its own fat.
- ⇒ Brown the onions in the meat's fat until soft.
- ⇒ Return the meat to the pot and layer the potatoes and sweet potatoes on top of the meat.
- ⇒ Mix all the ingredients of the sauce and pour over the food in the pot. Add salt and pepper to taste.
- ⇒ Finally, cover with the lid and allow to simmer for approximately 2.5 hours (add the mixed veggies after 1 hour).

MUTTON CURRY POT

This unique pot won third prize in *Huisgenoot's* Transvaal potjiekos competition and first prize in *Beeld's* potjiekos competition. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

2 kg skaapskenkel, cubed	MARINADE
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60ml Oil	30ml Oil
50ml Butter	20ml Medium curry powder
4 Stick cinnamon	10ml Grated ginger
10 Whole kruienaeltjies	10ml Borrie
3 Large onions, diced	10ml Lemon juice
2 Medium eivrugte, peeled and cubed	5ml Mustard
8 Baby potatoes, peeled	YOGHURT MIXTURE
4 Large tomatoes, diced	500ml Natural yoghurt
Salt and pepper to taste	20ml Chopped fresh parsely
Little bit of white sugar	15ml Grated lemon peel

METHOD

- ⇒ Mix the ingredients of the marinade and pour over the meat for about 1 hour.
- ⇒ Heat the oil and butter in the pot and then add the stick cinnamon and naeltjies for a few minutes.
- ⇒ Add the onions and braai until soft. Remove the onions but let the stick cinnamon and naeltjies remain in the pot.
- ⇒ Brown the meat and add a little water if necessary. Add the onion mixture to the meat, cover with the lid and allow to simmer for about 1 hour.
- ⇒ Place the eivrug cubes on top of the meat and season with the salt and pepper.
- ⇒ Layer the potatoes and tomatoes and once again season with salt and pepper and a little bit of white sugar
- ⇒ Cover with the lid and allow to simmer for approximately 2-3 hours.
- ⇒ Stir well before serving and serve with rice and the yoghurt mixture over each serving.

SHEEPNECK & NOODLES POT

This delicious pot is made unique by the noodles and veggies which makes it so filling that it can be served on it's own. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

125ml Cake flour	8 Baby Marrows, quartered
1.5kg Sheep neck, cut into pieces	300g Button mushrooms
125ml Oil	15ml Salt
4 Medium onions, diced	15ml Coriander

625ml Port	5ml Mixed herbs
1 Litre water	3 Whole kruienaeltjies
250ml Raw shell noodles	7 Whole peppercorns
1 Green, red & yellow pepper, diced	1.5ml Fine 'neutmuskaat'
8 Carrots, peeled and sliced	Grated cheese
8 Medium potatoes, peeled and diced	

METHOD

- ⇒ Coat the meat with the flour. Heat the oil in the pot and brown the meat.
- ⇒ Add the onions and brown the combination in an open pot.
- ⇒ Add 125ml of the port and 125ml of the water. Cover with the lid and allow to simmer for 45 minutes.
- ⇒ Sprinkle the noodles and the green-peppers over the meat.
- ⇒ Layer the veggies as they appear in the recipe.
- ⇒ Mix the salt, herbs and spices in the remaining port and water and pour over the food.
- ⇒ Cover with the lid and allow to simmer for about 2.5 hours.
- ⇒ Finally, sprinkle some grated cheese over the pot 30 minutes before the pot is served.

OXTAIL & MUTTON POT

This pot has won competition after competition. It has its ingredients packed in circles and not in layers, which makes the dishing up easier and also enables one to have a better look at what's in the pot. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

30ml Butter	125ml Dry red wine
1 Oxtail, cut into pieces	62ml Water
500g of Skaapskenkels, cut into pieces	500ml Green beans, cut up
500g Skaapstertjies / ribbetjies	1 Bunch of carrots, sliced
8 Medium onions, diced	0.5 Cauliflower, broken up
250g Bacon, diced	300g Button mushrooms
4 Blocks beef stock, crumbled	1 Green pepper, diced

10 Whole peppercorns	15 Baby potatoes
8 Whole kruienaeltjies	2 Celery sticks, chopped
4 Cloves of garlic, chopped	15 Whole uitjies
10ml Mixed herbs	Grated neutmuskaat to taste
1 Stick cinnamon	15g Brown onion soup
1 Red chilli pepper	Roughly chopped parsley
Pepper to taste	

METHOD

- ⇒ Smear the pot with the butter and braai the meat for about 15 minutes until brown.
- ⇒ Add the onions, bacon, beef stock, spices and herbs and braai for a further 15 minutes. Remove the mutton pieces.
- ⇒ Add the water and the wine to the oxtail, cover with the lid and allow the pot to simmer for about 1 hour.
- ⇒ Replace the mutton and let it simmer for a further 50 minutes.
- ⇒ Now pack the veggies as follows - A ring of green beans against the edge of the pot, then a ring of carrots and a ring of cauliflower right in the middle.
- ⇒ Push the mushrooms tightly between the edge of the pot and the green beans and sprinkle the chilli over.
- ⇒ Pack the potatoes between the beans and the carrots and sprinkle the celery over.
- ⇒ Pack the uitjies around the cauliflower and sprinkle the soup powder and parsley over.
- ⇒ Cover with the lid and allow it to simmer for a further 2 hours or until the veggies are soft.
- ⇒ **No salt is used as the soup powder and beef stock contains enough salt.**



OXTAIL & BANANA POT

This lovely pot is best when served with brown or white rice. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

1 Large oxtail, cut into pieces	12 Baby potatoes
3 Medium onions, finely sliced	250g Button mushrooms
30ml Butter	1 Large tomato, sliced
2 Garlic cloves, finely chopped	5ml Chopped parsley
0.5 Red chilli, finely chopped	10 Whole uitjies
5 Whole 'kruienaeltjies'	SAUCE
5ml Mixed herbs	62ml Brown vinegar
2 Bay leaves	20ml Tomato sauce,
500ml Warm water	20ml Chutney
Salt and pepper to taste	20ml Honey
2 Ripe bananas, sliced	10ml Medium curry powder

5 Medium carrots, cut into strips	
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METHOD

- ⇒ Smear the pot with the butter and heat the pot. Braai the meat for about 15 minutes.
- ⇒ Add the onions, garlic, chilli, naeltjies, herbs, bay leaves, salt and pepper and braai for a further 15 minutes.(If the pot gets too dry, add some warm water)
- ⇒ Now add the 500ml warm water, cover with the lid and allow the pot to simmer for about 2 hours.
- ⇒ In the meantime, mix the ingredients of the sauce and put one side.
- ⇒ After 2 hours, pack the bananas on top of the meat and layer the veggies as they appear in the recipe.
- ⇒ Sprinkle the parsley on top, and then layer the uitjies and allow the pot to simmer for 1 hour.
- ⇒ Add the sauce and allow to simmer for a further 30 minutes.

BEEF & BEER POT

The lovely aroma of this pot will make your mouth water long before the food is ready. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

15ml Cake flour	5ml Mixed herbs
5ml Paprika	375ml Beer
1kg Beef fillet, cubed	250ml Beef stock
15ml Butter	1 Packet of tomato soup powder
15ml Oil	1 Bay leaf
2 Medium onions, thinly sliced	15ml Vinegar
15ml White sugar	10ml Maizena
8 Greenbeans, cut up	Salt and pepper to taste
4 Carrots, peeled and thinly sliced	
1 Garlic clove, chopped	

METHOD

- ⇒ Coat the meat with a mixture of the flour and paprika. Heat the oil and butter in the pot and brown the meat.

- ⇒ Remove the meat and brown the onions and sugar until the onions is nice and soft.
- ⇒ Add the beans, carrots and garlic, cover with the lid and allow the pot to simmer for about 5 minutes.
- ⇒ Replace the meat and stir in the herbs, beer, beef stock, soup powder and bay leaf. Cover with the lid and allow the pot to simmer for a final hour or until the meat is soft (stirring occasionally with a wooden spoon)

MUTTON POT

This delicious pot has a wide variety of vegetable flavours that makes it irresistible. It's enough for 4 people and a # 2 pot is recommended.

INGREDIENTS

30 ml Cooking oil	3 Medium potatoes, peeled and halved
1 kg Skaapskenkels, cut into pieces	200 g Cauliflower
1 Large onion, cubed	250 g Baby marrow
100 g Tomato puree	100 g Frozen peas
10 ml White sugar	Salt to taste
375 ml Water	SAUCE
6 Black pepper-corns	250 ml Cold water
4 Bay leaves	20 ml Flour
250 g Whole baby carrots, peeled	10 ml Bisto

METHOD

- ⇒ Heat the oil in the pot and brown the meat.
- ⇒ Remove the meat and put aside.
- ⇒ Brown the onions and then return the meat to the pot.
- ⇒ Mix the tomato puree, sugar and water together and add it to the pot.
- ⇒ Cover with the lid and allow the pot to simmer for approximately 1 hour.

- ⇒ Now add the pepper corns, bay leaves and salt and allow the pot to simmer for a further 30 minutes.
- ⇒ Layer the veggies as they appear in the recipe.
- ⇒ Cover with the lid and allow to simmer for about 1 hour.
- ⇒ Finally, mix the ingredients of the sauce and add it to the pot 10 minutes before serving.

BEEF AND VEGGIES POT

In this lovely pot, extra salt is not needed as the soya sauce contains enough salt. Also, port can be used as a substitute for the sherry. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

SAUCE	1 kg Stowe beesvleis, cubed
125 ml Sweet sherry	2 Medium onions, sliced
125 ml Soya sauce	125 ml Dried apricots, soaked in water for 1 hour
5 ml Black pepper	4 Carrots, peeled and sliced
3 ml Dry mustard	2 Sweet potatoes, peeled and sliced
1 ml Dry rosemary	4 Medium potatoes, peeled and halved
1 ml Dry thyme	6 Baby marrow, sliced
1 Cube beef stock	250 ml Cabbage, chopped
500 ml Boiling water	1 Tomato, peeled and sliced
INGREDIENTS	Black pepper to taste
30 ml Cooking oil	30 ml Dried parsley
1 Beef kidney, cubed	

METHOD

- ⇒ Heat the oil in the pot and brown the meat and kidney till almost brown.
- ⇒ Add the onions and brown together.
- ⇒ Mix the ingredients of the sauce and add it to the pot. Stir well, cover with the lid and simmer for 1.5 hours.
- ⇒ Layer the dried fruit and then the veggies as they appear in the recipe. Sprinkle some pepper over the tomatoes.

⇒ Cover with the lid and allow the pot to simmer for about 2 hours or until the veggies are done.

SWEET & SOUR PORK POT

This uniquely Chinese pot is best when served with spaghetti or any type of noodle. If preferred, rice can also be served with the pot. It's enough for 6 people and a # 2 pot is recommended.

INGREDIENTS

15 ml Butter	1 Large Cooking apple, peeled and sliced
2 Large onions, sliced	125 ml Brown vinegar
1 Green pepper, sliced	60 ml Maizena
2 kg Leg of pork, cubed	60 ml Brown sugar
10 ml Finely mixed spices	60 ml Red wine
Salt and pepper to taste	25 Worcester sauce
1 Large pineapple, peeled and sliced	250 ml Boiling water

METHOD

- ⇒ Melt the butter in the pot and brown the onions and green peppers until soft.
 - ⇒ Remove and brown the meat. Sprinkle the spices, salt and pepper over the meat.
 - ⇒ Place the pineapple on top of the meat, then the apple and then the onion and green pepper mix.
 - ⇒ Mix the rest of the ingredients and pour over the pot.
 - ⇒ Cover with the lid and allow the pot to simmer for approximately 2 hours.
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PORK AND VEGGIES POT

You'll have to search far and wide to find a pot with a wider variety of vegetables as this delicious pork pot. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

30 ml Olive oil	6 Medium potatoes, cubed
1.5 kg Pork skenkel, cut in pieces	4 Carrots, sliced
Salt and pepper to taste	3 Celery sticks, sliced
250 g Bacon, cut in pieces	2 "rape" peeled and cubed
1 Large onion, sliced	1 "prei" sliced (only the white part)
1 Green pepper, cut in rings	500 ml Green beans, chopped
1 Clove of garlic, chopped	500 ml Cabbage, chopped
1 Can of tomato paste	2.5 ml Finely mixed spices
100 ml Water	

METHOD

- ⇒ Heat the oil in the pot. Spice the meat with salt and pepper and brown the meat slightly.
- ⇒ Remove the meat and sauté the bacon, onion, green pepper and garlic for 15 minutes in the oil.
- ⇒ Replace the meat. Mix the tomato paste with the water and pour over the meat. Cover with the lid and allow the pot to simmer for 30 minutes.
- ⇒ Layer the veggies as they appear in the recipe and sprinkle the mixed spice over the meat, cover with the lid and allow the pot to simmer for a final 1 hour or until the veggies are soft.

SEAFOOD PAELLA POT

This lovely seafood pot is best when served with a nice garden salad. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

60 ml Cooking oil	1 kg Kingklip fillets, cut into pieces
3 Red peppers, sliced	400 g Frozen prawns
1 Large onion, chopped	500 g Mussels
500 g pork, cubed	500 g Calamari
5 Chicken thighs, halved	500 g Crabsticks
1 L Boiling water	500 g Uncooked rice
5 ml Saffron	250 g Frozen peas
4 Bay leaves	Salt and pepper to taste
2 Blocks chicken stock	Juice of 1 lemon

METHOD

- ⇒ Heat the oil in the pot. Slightly brown the peppers, onion, pork and chicken.
 - ⇒ Cover with the lid and allow the pot to steam for 1 hour or until the meat is almost tender.
 - ⇒ Mix the saffron, bay leaves and chicken stock in the water and stand one side.
 - ⇒ Pack the seafood on top of the meat, then the rice and finally the peas. Flavour with salt and pepper.
 - ⇒ Pour the saffron water little by little as the rice cooks dry
 - ⇒ Allow the pot to simmer slowly until the rice and peas are done and the fluid is virtually cooked away.
 - ⇒ Pour the lemon juice over just before serving and stir well.
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CRAYFISH POT

If you thought that nothing can be tastier than crayfish, and then try it with the flavourful rice in this awesome pot. The pot must simmer slowly to prevent the rice from burning. It's delicious when served with a fresh garden salad. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

45 ml Cooking oil	150 g Sliced mushrooms
750 ml Uncooked rice	2 Tomatoes, peeled and diced
1 Medium onion, chopped	1 packet White onion soup
1 Green pepper, chopped	10 ml Garlic salt
1.5 L Water	6 Uncooked crayfish tails
10 ml Dried parsley	Salt to taste
Juice of 1 lemon	

METHOD

- ⇒ Allow the parsley to soak in the water for 15 minutes.
 - ⇒ Heat the oil in the pot and cook the rice for a few minutes.
 - ⇒ Add the onions and peppers and brown until soft.
 - ⇒ Add the parsley water and the rest of the ingredients except the crayfish.
 - ⇒ Sprinkle the salt over and cover with the lid. Allow the pot to simmer slowly for 30 minutes or until the rice is almost done.
 - ⇒ Now place the crayfish tails on top of the pot and allow it to simmer for 15 minutes. Don't cook the crayfish for too long as it could get soggy.
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CHICKEN AND VEGGIES POT

Lot's of liquid must be added to this pot as the cabbage draws water. It's best served with a pot bread and is enough for 6 people when a # 3 pot is used.

INGREDIENTS

30 ml Cooking oil	1.2 ml Ground black pepper
10 Chicken thighs	6 Large carrots, peeled and sliced
2 Large onions, diced	12 Baby potatoes, peeled
45 ml Chutney	1 Small cabbage, chopped
10 ml Salt	0.5 Small butternut, cubed
5 ml Dried mixed herbs	1 Can undrained "pitmielies"
5 ml Garlic flakes	125 ml Sweet white wine

METHOD

- ⇒ Heat the oil in the pot and brown the chicken and onions together for about 30 minutes.
 - ⇒ Meanwhile, mix the chutney, salt, herbs, garlic and pepper and spread this mixture evenly over the chicken.
 - ⇒ Now layer the carrots, potatoes, cabbage and butternut on top of the chicken.
 - ⇒ Spread the rest of the chutney mixture over the veggies and pour the mielies on top.
 - ⇒ Add the wine, cover with the lid and allow the pot to simmer for 1.5 – 2 hours.
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LEG OF LAMB POT

Nothing much needs to be said about this pot. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

2 kg Leg of lamb	150g Dried peaches
250g Bacon, cubed	300g Baby carrots, peeled
15ml Ground Coriander	8 Medium potatoes, peeled and halved
15ml Brown sugar	300g Brussell sprouts
1 Bottle dry red wine	Salt and pepper to taste
30ml Butter	15ml Apricot jam
3ml Dried rosemary	15 ml Cake flour
250ml Sour cream	

METHOD

- ⇒ Trim all the fat off the leg. Make small cuts in the leg with a knife and stretch these cuts by pushing a finger in each cut. Fill each cut with the cubed bacon.
- ⇒ Rub the leg well with the coriander and the brown sugar.
- ⇒ Marinade the leg in the wine overnight.
- ⇒ Melt the butter in the pot while the fire is still burning and brown the leg slightly on all sides.
- ⇒ Add the rosemary and 50ml of the wine marinade. Cover with the lid and allow the pot to simmer for at least 1.5 hours or until the leg is half done. Ensure that the coals are not too hot and turn the leg regularly adding some more wine marinade and not more than half of the sour cream.
- ⇒ Add the dried fruit, cover with the lid and allow the pot to simmer for 30 minutes.
- ⇒ Layer the veggies as they appear in the recipe and season with the salt and pepper.
- ⇒ Add the remaining sour cream, cover with the lid and allow the pot to simmer for a further hour.
- ⇒ When the leg is done, add the jam, cover with the lid and wait until the jam has melted. The pot is now ready to be served.
- ⇒ Remove the leg and carve it in slices.
- ⇒ Add the flour to the sauce and stir until ready.

PORK FILLET POT

This lovely pot won a third prize in the *Huisgenoot's* potjiekos competition. It's a winner when served with 'pot-balletjies'. It's enough for 6-8 people and a # 4 pot is recommended.

INGREDIENTS

2 Pork fillets, approx 700g each	Salt to taste
20 Large seedless 'pruimedante'	5ml Black pepper
10 Smoked oysters	12 Baby onions
20ml Butter	5 Celery sticks, sliced
20ml Cooking oil	12 Baby potatoes, peeled
15ml Cake flour	5ml Maizena
250-300ml Beef stock	Freshly chopped parsley for garnish
125ml Red wine	

METHOD

- ⇒ Cut a lengthwise groove in each fillet and open carefully. Fill 10 of the 'pruimedante' with an oyster and arrange the filled 'pruimedante' in the groove of one of the fillets. Cover with the other fillet and bind the two fillets tightly with a piece of string.
 - ⇒ Heat the butter and oil and braai the meat until brown.
 - ⇒ Sprinkle the cake flour over the fillets and brown for another 2 minutes.
 - ⇒ Add the stock and the red wine and stir the sauce with a wooden spoon until smooth.
 - ⇒ Season the meat with the salt and pepper and cover with the lid and allow the pot to simmer slowly for 1 hour.
 - ⇒ Remove the string from the meat and cut in slices but keep the pieces against each other.
 - ⇒ Pack the veggies around the meat in the pot, add the remaining 'pruimedante' and add a little of the stock, if necessary, and allow the pot to simmer until the veggies are done.
 - ⇒ Thicken the sauce with the maizena (mixed in a little water) if needed.
 - ⇒ Garnish with the parsley before serving.
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