

LAMB POTJIE

Suitable for every South African!

Infused with rosemary, red wine, and evaporated milk, our version of lamb neck potjie is sure to become your firm favourite.



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Prep time: 20 minutes
Cook time: 2,5-3 hours
Serves 6 people

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

INSTRUCTIONS:

1. 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.
2. Heat your oil in your potjie pot.
3. Once the oil is hot, sauté sliced onions until golden brown. Remove the onions and set them aside.
4. Place lamb neck and shanks in the heated potjie and brown them. Add salt and rosemary.
5. Once the meat is well-browned, add onions, red wine, and beef stock. Leave to simmer for 1 hour, 15 minutes.
6. Add potato chunks, carrots, and brown onion soup powder. Simmer for 30 minutes.
7. Mix the sauce ingredients and add to the potjie, then add mushrooms, baby marrows, and mini corn. Simmer for 10-15 minutes.
8. Enjoy with samp mielies.



MEGAMASTER RECIPE TIPS



TIP 01

With such a long cooking time, it's important to layer your ingredients. The meat, which needs the longest cooking time, should lie at the bottom of the pot, closest to the coals. Your vegetables should be layered above that, with the softest ones at the top.



TIP 02

The secret to a flavoursome potjie is the time it takes to cook, which allows the flavours to mature. So, make sure you keep your coals alive, but small. If the pot gets too hot underneath it will burn the food.



TIP 03

Change things up a bit and turn this recipe into a beef goulash by simply swapping out the lamb for beef.