

Lamb potjie



POTJIEKOS HAS BEEN PART OF SOUTH AFRICA'S CULTURE FOR CENTURIES. WHAT SETS IT APART FROM TRADITIONAL COOKING METHODS IS THE FACT THAT IT'S COOKED OUTSIDE ON AN OPEN FIRE.

INGREDIENTS

- 45 ml (3 Tbsp) olive oil
- about 1 kg lamb knuckles
- 250 g (about 10) pickling onions, peeled
- 100 ml **Spur Hickory Basting**
- 80 ml (¼ cup) **Spur Durky Sauce**
- Season to taste with **Spur Classic Biltong Spice**
- About 500 ml (2 cups) water
- 125 ml (½ cup) dry red wine
- 30 ml (2 Tbsp) tomato paste
- 3 whole cloves
- 1 bay leaf
- 10 ml (2 tsp) chopped fresh thyme or 3 ml (½ tsp) dried
- 4 stalks celery, coarsely chopped





METHOD

1. Heat the oil in a cast-iron pot over medium coals and fry the lamb until golden brown. Add onions, fry for a few minutes, remove onions from pot and set aside.
2. Add **Spur Hickory Basting**, **Spur Durky Sauce**, **Spur Classic Biltong Spice** to taste.
3. Add remaining ingredients, except celery. Simmer for about 1 hour, adding more water if required. Return onions to pot, add celery and simmer for about 30 minutes further.
4. For a terrific South African traditional treat, serve with samp and beans.