

RECIPE

Oxtail Potjiekos – South African style

Some of my favorite memories of my dad are sitting around a fire solving the world's problems as he prepared the potjie. Later when he couldn't physically do the cooking, he would "make it" by giving his children very specific instructions under his very watchful gaze.

Ready in **8 hours (well spent)**

Serves **8 people**

calories : Who cares...



Ingredients

- 2 kg Oxtail
- 2 Lamb shanks
- 500g Potatoes (quartered)
- 250 g Carrots
- Mushrooms
- Courgettes(3 in chunks)
- Butternut(1 in chunks)
- Onions (8 sliced)
- Salt, pepper, olive oil

Preparation

1. **The meat:** The oxtail and lamb shanks require slow cooking to release the flavors. The shortcut: place the meat in an oven dish with salt, pepper, rosemary, thyme and cider vinegar at 160 degrees for four hours.
2. **The fire:** you need a very slow fire. A small fire that you constantly feed kindling works well. Make sure you have a good supply available.
3. **A kentish ale or wine.** You will definitely need something to wet your whistle and good company.
4. **Fry the onions:** Place the pot on the fire, add olive oil and when the oil is hot fry the onions. Remove the onions from the pot.
5. **Assemble the potjie:** Layer the ingredients. Start with the oxtail, then potatoes, carrots and butternut, salt &

pepper, half of the fried onions, lamb shanks, courgettes, mushrooms, salt & pepper.

6. Put the lid on and put your ear close to the pot. If you can hear a faint boiling sound you're good. If not, add a bit of kindling to ramp up the heat.
7. Now you have two hours around the fire to reminisce about the good old days, the people and to honour those who have passed on this tradition...

Tips

After two hours, test the potatoes, if they are cooked, you are ready to serve.

