

OXTAIL POTJIE

EPISODE 1 / *Sue-Ann*

METHOD

STEP 1 – THE FIRE

- Prepare your fire – Make sure its not too hot.
- Have a small back up fire to transfer coals.

STEP 2 – BROWNING THE MEAT

- Place the potjie pot on the fire, and then add the oil.
Dust the oxtail in flour and then add to the pot and brown the meat.
- Remove the meat from the pot and set aside.

STEP 3 – THE MAIN EVENT

- Add the leeks, celery, and carrots and sauté.
- Add the thyme, rosemary, garlic, stock cubes and stir into the vegetables while cooking.
- Season the meat with salt and pepper, and place them back into the potjie pot.
- Add your cloves, steak and chops seasoning, the red wine and 2 tins of tomatoes. Do not over stir this.
- Allow this to simmer away for 2 hours

STEP 4 – FINISHING TOUCHES

- Open the lid and add the potatoes, mielies and a little water if needed. Return the lid and cook for a further hour or until the potatoes are cooked through.
- By this stage the meat is tender and falling off the bone.
- Serve with rice, pap or some crusty home baked bread

INGREDIENTS

Wood or PnP briquettes

75 ml PnP sunflower oil

100g PnP flour

4 kg oxtail, chopped into 4cm chunks (ask your butcher to do this)

PnP sea salt and freshly ground black pepper

2 medium leeks

2 stalks of celery

4 medium carrots

a few sprigs of fresh thyme

a few sprigs of fresh rosemary

2 tsp PnP crushed garlic

3 PnP beef stock cubes

4 cloves

500 ml red wine

1 tbsp Steak and chop seasoning

2 x 400 g PnP tinned tomatoes

3 potatoes – Peeled and cubed

2 mielies, halved