



# LAMB NECK POTJIE

MY GRANDPARENTS HAD A SMALL LIVESTOCK FARM AND LARGE GARDENS, WHERE THEY GREW THEIR OWN VEGGIES. FOR THEM COOKING OUTSIDE ON A WOOD FIRE WAS THE NORM. A POTJIE (HEAVY THREE-LEGGED CAST-IRON POT) WOULD BE USED FOR COOKING FOOD, MAKING TRADITIONAL BREAD — IDOMBOLO OR STEAMED BREAD AS WE CALL IT — AND SOMETIMES JUST FOR BOILING LARGE QUANTITIES OF WATER. IT FASCINATED ME THAT IT WAS THE WOMEN WHO GATHERED THE WOOD, CARRIED IT ON THEIR HEADS IN A BUNDLE AND LIT THE FIRE.



PREPARATION TIME: 15 MIN

COOKING TIME: 2 HRS

SERVES 4

- 60ml plain flour
- 10ml ground cumin
- 10ml smoked paprika
- 10ml ground coriander
- 10ml garlic and rosemary dry seasoning mix
- 600g lamb neck chops
- 30ml canola oil
- 2 onions, halved and sliced
- 2 celery sticks, sliced
- 4 cloves garlic, chopped
- 1 large green pepper, cored and diced
- 15ml tomato paste
- 400g canned tomatoes, chopped
- 800ml chicken stock
- salt and pepper
- 6 baby potatoes, halved
- 8 whole baby carrots, washed
- 6-8 small tomatoes on the vine
- 5 small pickling onions

**SERVE + GARNISH**  
crusty bread, to serve  
fresh parsley, to garnish

## METHOD

In a large bowl, combine the flour, spices, garlic and rosemary seasoning. Roll the lamb neck in the flour and spices to coat, then set aside.

In a medium-sized potjie over hot coals, heat the canola oil, add the lamb and brown it for 4 minutes. Add the onions, celery, half the garlic and green pepper and sauté for 5 minutes.

Add the remaining seasoned flour from coating the meat and cook for a minute to make a roux-like mixture. Stir in the tomato paste and canned tomatoes. Pour in the stock and season with salt and pepper. Stir again to integrate the ingredients.

Simmer for 1 hour 20 minutes, stirring every 20-30 minutes, adding water if needed, until the meat is tender. Throughout the cooking time check that the coals aren't too hot. If they are, separate them to reduce the heat.

Add the potatoes and carrots and cook for a further 15 minutes until the veggies are cooked but still firm. Add the tomatoes, pickling onions and remaining garlic and cook until done. Serve with crusty bread.

### Siba's tip...

Traditionally, potjiekos (potjie food) is cooked in a three-legged, cast-iron pot over coals outdoors and it's this way of cooking that gives the dish its particular flavour. If you don't have a potjie, you can use a flat Dutch pot, either on the coals or the stove. If you don't have either of these, then use a heavy-based pot on the stove to make a lamb neck stew rather than a lamb neck potjie.