

Lamb neck potjiekos ('potjie') 🇿🇦

Another culinary tradition thought to have come from the Voortrekkers is potjiekos, which translates as 'little pot' (potjie) 'food' (kos). The need to travel light meant trekkers perfected the art of eating one-pot meals cooked outdoors.

Potjiekos is a dish cooked slowly over low heat in a three-legged pot above hot coals. Some call it a stew, but it is not! This is mainly because the ingredients shouldn't be stirred. A traditional potjie is cooked in layers and ingredients are typically added in order of longest to shortest cooking time. A potjie is quite easy to find, but if you can't get one of these little cauldrons, any heavy-bottomed pot will do. It's also OK to simmer the dish on the stove if you don't have access to hot coals.



Serves 4

100 g flour

1 tbs finely chopped rosemary

1 tsp salt

½ tsp ground black pepper

2 boneless lamb necks, cut into 8 cm pieces (about 1–1.5 kg of meat)

200 g bacon, chopped

2 tbs olive oil

2 large red onions, sliced

2 cloves garlic, chopped

1 cup hot water

250 g baby potatoes, sliced in half

400 g fresh green beans, topped and tailed

1 cup chicken stock

1 tbsp honey

2 tbsp dijon mustard

1 tbsp lemon juice

1 tbsp worcestershire sauce

extra salt and pepper to taste

Combine the flour with the rosemary, salt and pepper.

Dust the lamb neck pieces with the seasoned flour.

Fry the bacon (without oil) in your potjie for about a minute.

Remove with a slotted spoon and drain on a paper towel.

Add the oil to the pot and heat.

Fry the onions for about three minutes until softened.

Add the garlic and fry for another minute.

Add the lamb necks and brown on all sides until the meat is sealed (about four minutes).

Return the bacon to the pot.

Add the cup of hot water.

Cover and simmer on low for two hours.

Don't be tempted to lift the lid too often – if you're worried about whether all the liquid has boiled away, listen and you will hear if the pot is bubbling gently or not.

After two hours, add the potatoes in a layer over the meat.

Layer the green beans on top of the potatoes.

Combine the chicken stock, dijon mustard, honey, lemon juice and worcestershire sauce in a small bowl.

Pour this liquid into the potjie (do this down one side rather than in the middle).

Cover and cook for another hour.

Check and adjust the seasoning if needed.

The meat should now be soft.

Serve with [pap](#) or bread.