



Posted on 17 September 2012
by Roxanne De Villiers

Lamb Potjie

Ingredients

1.5 fl oz. olive oil
6x0.8 lb. lamb shanks
2 celery stalks, chopped
1 large onion, chopped
1 large carrot, chopped
6 large garlic cloves, chopped
3 drained canned anchovies (Yes anchovies!! This is very important!!)
2 cinnamon sticks
2 small bay leaves
2 fresh thyme sprigs
1 fl oz. gin
1/4 teaspoon ground nutmeg
2 oz. tomato paste
1 bottle Merlot
3 peppers (red and yellow)
0.5 fl oz. honey
1 peeled and chopped sweet potato
Water as needed

Preparation

- 1 Salt and pepper the meat and brown in oil
- 2 remove the meat and add the celery, onion, carrots and garlic and fry till transparent
- 3 Add the meat back in along with the herbs and liquid as well as the anchovies
- 4 Cook for 30min
- 5 Then add the rest of the ingredients
- 6 Cook for +- 3 hours depending on the lamb, it should pull away from the bone but not be falling off
- 7 Serve with rice and salad.

Cooks Note

Traditionally this meal is made in a cast iron pot over a fire, however it can be adapted to your kitchen stove, just use a pot with a thick base.
