



Thai Style Prawn Potjie - No. 2 Potjie - Serves 4

- 20ml butter
- 20ml olive oil
- 1kg prawn meat
- 1 large onion, chopped
- 1 red pepper, deseeded and sliced
- 1 clove garlic, crushed
- 500g button mushrooms, sliced
- 250g Jasmine rice
- 1ml salt
- Freshly ground black pepper to taste
- 1ml cayenne pepper
- 2ml turmeric
- 5ml lemon grass or two fresh stalks, bruised
- 400ml coconut milk

Cook this dish slowly over low coals.

Heat butter and oil in the cast-iron pot and sauté onions, peppers and garlic until onions are transparent.

Season with salt, black pepper, cayenne pepper and stir in the rice.

Gently heat coconut milk, lemon grass and turmeric.

Layer prawns and mushrooms on top of ingredients in the pot and add heated liquid.

Cover with lid and simmer slowly for about 30-45 minutes or until rice is cooked.

Serve in bowls.



Japanese Fish Noodle Potjie - No. 2 Potjie - Serves 4

1kg white fish, cut into chunks

20ml oil

50g Miso paste

1lt water

3 Tbsp soya sauce

Seaweed sheets, cut into strips

2 tsp grated ginger

100g buck wheat Japanese vermicelli

125g tofu, cut into small blocks

2 bunches spring onion, cut into rings

1 Tbsp toasted or black sesame seeds

Fry fish in oil.

Add water to the pot and mix in the Miso and bring to the boil.

Add soya sauce ginger and spring onions.

Layer the fish and tofu on top.

Reduce heat to a simmer and cook for 15 minutes.

Add the vermicelli and seaweed and cook for a further 5 minutes.

Sprinkle the sesame seed on each serving.



Rock Cod with lentils and spinach - No 3 potjie - Serves 6

1.5kg Rock Cod fillets, cut into pieces

2 onion, chopped

30ml oil

500g lentils

4 tsp ground ginger

1 tsp chilli powder

400ml chicken stock

Juice of 2 limes

500g spinach, chopped

Salt to taste

Heat oil in the pot and lightly fry the onion.

Stir in ginger and chilli then the stock.

Add lentils and cook over a medium heat for 25 minutes.

Add water if the mixture is too thick.

Season and add lime juice and beat smooth with a wooden spoon.

Layer fish on top, then the spinach.

Cook for another 15 minutes or until the fish is just cooked through.