

Venison potjie:

Ingredients

- 1.5 kg of Springbok neck / shoulder cuts or impala shank cuts. (serve 4).
- 5 ml ground cloves.
- 5 ml mixed herbs.
- 5 ml ground coriander.
- Salt and pepper.
- 1 ml ground nutmeg.
- 1 clove of garlic crushed.
- 2 large onions
- 10 ml soya sauce.
- Butter and olive / macadamia oil.
- 250 gr of bacon rashers.
- Beef stock or red wine (300 ml)
- Vegetables: Carrot, green beans, sweet potatoes and 1 tin of butter beans.

Method

- Fry bacon in cast iron pot until brown in olive oil and butter.
- Add onions and garlic.
- Add the venison meat with dry seasoning ingredients / soya sauce and fry for 5-6 minutes (high heat)
- Add beef stock or red wine and cook for +- 1.5 hours. Add water if necessary.
- Add vegetables and cook for +- 1 hour (slow heat).