

Mondstuk van die Suid-Afrikaanse aartappelbedryf • Mouthpiece of the South African potato industry

# CHIPS

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**CERES/KOUE BOKKEVELD-  
KULTIVARPROEF ONDER BESPROEING:  
DONKERBOS 2020/2021**

**EMPANGENI INFORMATION DAY  
A SPUD-TACULAR  
LEARNING EXPERIENCE**

**Die GeoFarmer-platform  
maak monitering maklik**

**Stuit Alfalfa-mosaïekvirus  
in sy spore**

**Potato product exports:  
A twelve-month snapshot**



## Potatoes, beef and mixed vegetables potjie

**Preparation time:** 20 minutes

**Cooking time:** 2 hours and 10 minutes

**Servings:** 4

### Ingredients:

- 45 ml (3 tbsp) sunflower oil.
- 1.5 kg stewing beef, preferably on the bone.
- 2 onions, roughly chopped.
- 45 ml (3 tbsp) grated fresh ginger.
- 45 ml (3 tbsp) crushed fresh garlic.
- 2 x 400 g tins chopped tomatoes.
- 4 bay leaves.
- 1.5 kg baby potatoes, with the skin on, roughly chopped.
- 2 kg mixed potjie vegetables.
- Salt to taste.



### Preparation:

1. Place the potjie on a fire and heat the oil. Add the beef and brown the meat on all sides. Remove and set aside.
2. Add the onions and fry until soft and translucent.
3. Add the ginger and garlic, and cook for a few more minutes before adding the meat again. If the potjie is extremely hot and you feel that the meat is burning, add some red wine or stock.
4. Season to taste.
5. Add the tomatoes and bay leaves, cover and gently simmer (+/- 1 hour).
6. Put the potatoes and any hardy vegetables in first and cook (+/- 30 minutes), then add the vegetables that will cook the quickest.
7. Taste and add more seasoning if needed.
8. Do not stir the contents of the potjie, but very gently shake it to ensure there is enough liquid in the bottom to avoid burning the meat.
9. Cover and simmer for another 30 minutes.
10. Serve hot with creamy spinach or any other side dish of your choice.🍴