



Pot lifter

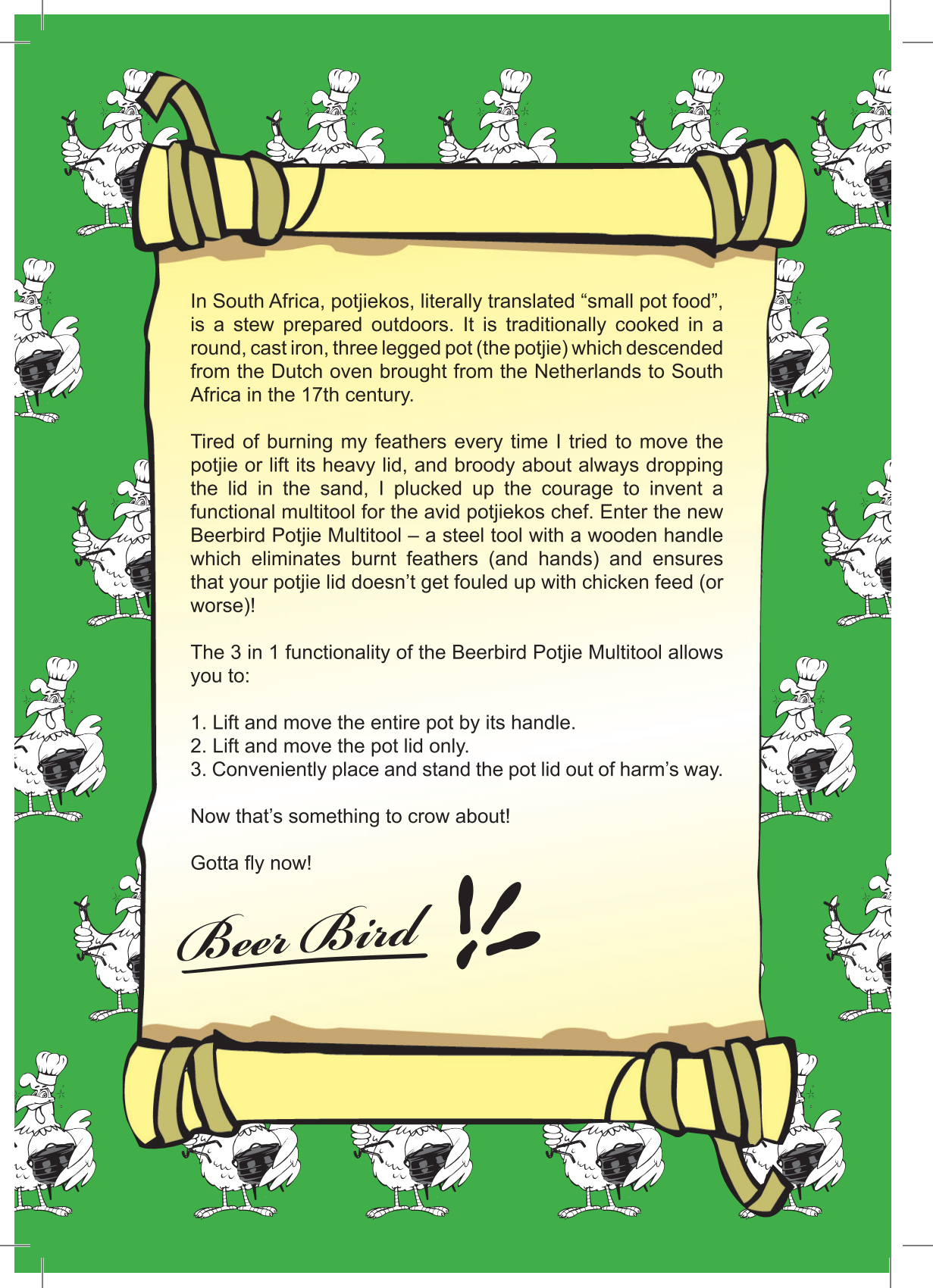


Lid lifter



Lid stand

POTJIE RECIPE BOOK



In South Africa, potjiekos, literally translated “small pot food”, is a stew prepared outdoors. It is traditionally cooked in a round, cast iron, three legged pot (the potjie) which descended from the Dutch oven brought from the Netherlands to South Africa in the 17th century.

Tired of burning my feathers every time I tried to move the potjie or lift its heavy lid, and broody about always dropping the lid in the sand, I plucked up the courage to invent a functional multitool for the avid potjiekos chef. Enter the new Beerbird Potjie Multitool – a steel tool with a wooden handle which eliminates burnt feathers (and hands) and ensures that your potjie lid doesn’t get fouled up with chicken feed (or worse)!

The 3 in 1 functionality of the Beerbird Potjie Multitool allows you to:

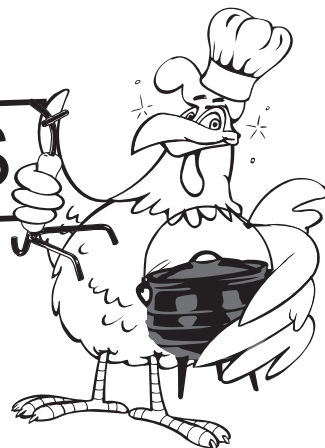
1. Lift and move the entire pot by its handle.
2. Lift and move the pot lid only.
3. Conveniently place and stand the pot lid out of harm’s way.

Now that’s something to crow about!

Gotta fly now!

Beer Bird !!

POTJIE RULES



Every potjiekos chef has his own secrets and special way of doing things. However, most master potjiekos chefs agree that there are a few non-negotiables when it comes to preparing the ultimate potjiekos.

1. Don't stir the pot. Ever. You are allowed to move things around ever so slightly but never stir!
2. Always make sure there is enough liquid at the bottom of the pot – just enough to cover the meat.
3. There is a difference between a potjie and a stew – don't mix everything together, it shouldn't look like a stew once you're done! The meat should be at the bottom with the veggies in layers – steamed to perfection. The veggies should be soft but still firm.
4. Keep the fire stoked just enough for it to simmer for two and a half hours, keeping the pot covered. If you place your ear near the pot, you will be able to hear how rapidly it is simmering, and adjust your fire accordingly. If you're not sure that it is simmering just right take a quick peek, but the idea is to remove the lid as infrequently as possible.
5. The concept of potjie cooking is quite simple. The shape and design of the three legged cast iron potjiepot, thicker at the base than at the top, is such that it heats evenly from top to bottom. Despite the coals being directly under the pot, it is surprisingly hot just below the rim, which ensures even cooking without stirring once you layer in the vegetables.

SHANK AND POTATO POTJIE

Ingredients

1.5kg lamb shanks
5ml salt
5ml black pepper
1 onion, finely sliced
15ml olive oil
15ml balsamic vinegar
5ml lemon and herb spice
5ml Indian potjiekos spices
3 tomatoes, peeled and diced
50ml boiling water or stock
500g baby potatoes, in jackets or peeled
10 baby marrows, sliced
10 patty pans, halved
500g mushrooms, halved or sliced



Preparation

Season the shanks lightly with salt and pepper and brown a few at a time in a heated pot until browned all over. Remove the shanks and sauté the onion in a little olive oil until soft.

Add the vinegar and stir through. Add all the spices and stir-fry lightly. Add the tomatoes and mix through. Return the shanks to the pot, lower the heat, add a little boiling water or stock and simmer until the shanks are done. Add the baby potatoes after about 2 hours. Simmer until the potatoes are almost soft and add the rest of the vegetables and heat until they're just done but still crisp. Season with salt and pepper to taste and add another sprinkle of balsamic vinegar.

Serving Suggestion

Serve with brown rice or parsley rice.

SEAFOOD POTJIE WITH LEMON DUMPLINGS



Ingredients

1 onion, sliced into rings
1 clove garlic, crushed
30ml olive oil
250ml white wine
410g whole peeled tomatoes, finely chopped
30ml tomato purée
5ml each dried thyme, salt and freshly ground black pepper
350g white fish, skinned and cut into pieces
100g prawns, shelled and cleaned
250g calamari rings

Dumpling Ingredients

200ml self-raising flour
50ml margarine, salt and pepper to taste
15ml finely chopped parsley
1 lemon, juice and rind
65ml cold water

Preparation

Sauté the onion and garlic in the oil until soft. Add the white wine and boil rapidly. Reduce the heat and add the tomatoes and their juice. Add the tomato purée and thyme and season to taste with salt and pepper. Simmer until the sauce thickens slightly. Meanwhile, prepare the dumplings. Combine the self-raising flour and butter and rub in until the mixture resembles breadcrumbs. Season to taste with salt and pepper and add the parsley, lemon juice and rind. Add the water and mix to form a stiff dough. Shape into 8 to 10 dumplings. Add the fish and simmer for five minutes. Add the shrimps and calamari, arrange the dumplings on top, cover and simmer for about 10 minutes or until the dumplings are done.

Serving Suggestion

Serve immediately on a bed of rice.



OXTAIL POTJIE

Ingredients

- 2 onions, finely chopped
- 2 cloves garlic
- Olive oil
- 1kg oxtail pieces, as lean as possible
- 3 carrots
- 1 small butternut
- 1 tin cherry tomatoes or whole peeled tomatoes
- 250ml red wine
- 1 litre beef or vegetable stock
- 2 tablespoons flour
- 2 teaspoons mixed herbs
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon coriander
- 1 teaspoon coarse ground black pepper
- 1 sprig parsley, chopped
- 1 tablespoon chives, chopped



Preparation

Put flour, salt, paprika, coriander and pepper into a plastic bag and toss together with oxtail pieces so the meat is evenly coated. Heat a generous glug of olive oil (about 3 tablespoons) in a large flat-bottomed potjie or heavy bottomed pan. Add onion and garlic and fry for a few minutes until just turning brown. Add the floured oxtail and brown all over. Retain seasoned flour left in the bag in case you need to thicken the stew later. Once the meat is sealed, add red wine, mixed herbs and half the stock. Cover the pot and cook slowly on a very low heat for three hours. Every so often, check to see that there's enough fluid and add stock to prevent it drying out. The meat should be covered but not drowned. After three hours, add the veggies and cook for another hour until they're cooked and beginning to disintegrate into the gravy. Keep checking to ensure there's enough moisture.

Serving Suggestion

When ready, sprinkle with chopped chives and parsley and serve on a bed of mashed potato.

CHICKEN POTJIE

Ingredients

- 1 tablespoon cooking oil
- 8 chicken thighs
- 2 onions, sliced
- 1 clove of garlic, crushed
- 4 carrots, sliced
- 2 medium sweet potatoes, sliced
- 3 medium potatoes, sliced
- 350g green beans, topped and tailed
- 1 small butternut, diced
- 250g white button mushrooms, halved
- 250g dried peaches
- 2 teaspoons of coarse sea salt
- 2 cups of white wine
- 1 tablespoon freshly-ground black pepper
- 1 stick of cinnamon
- 2 bay leaves



Preparation

Heat the oil in a potjie over moderate coals and brown the chicken. Add the onion and garlic, frying until the onion is translucent. Layer the vegetables on top of the chicken and season with salt. Combine the wine, black pepper, cinnamon and bay leaves, and pour over the chicken and vegetables. Cover and simmer over low coals for 1 hour or until the chicken is tender (check the amount of liquid in the pot from time to time, adding more if required). A golden rule of potjiekos is not to stir it, so resist the urge for best results.

Serving Suggestion

Serve hot with fluffy rice or freshly baked bread.

STEAK AND STOUT POTJIE

Ingredients

4 tablespoons olive oil
1.25kg braising steak, cubed
2 onions, chopped
2 cloves garlic, crushed
2 medium carrots, sliced
40g flour
300ml Guinness or milk stout
4 tablespoons tomato purée
300ml brown stock
1 tablespoon fresh thyme, chopped
Grated rind of 1 orange
1/2 teaspoon ground allspice
Pepper to taste
225g button mushrooms
Salt to taste



Preparation

Heat oil in potjie and fry meat for 10 minutes or until well browned. Remove from pan and set aside. Add onions, garlic and carrots to potjie and fry until soft. Stir in flour and fry slightly. Add Guinness, tomato purée and stock and cook until thickened. Return steak to the pot and add thyme, orange rind, allspice, pepper and cloves. Cover and cook gently for 2 hours or until meat is tender. Add mushrooms and salt 10 minutes before serving.

Serving Suggestion

Serve on a bed of hot fluffy rice and crack open another milk stout!

VEGETARIAN POTJIE

Ingredients

- 1 large onion, quartered
- 1 green pepper, cut into large cubes
- 1 glove of garlic, chopped
- 3 tins chopped tomatoes
- 100ml water
- 6 medium potatoes, peeled and cubed
- 4 carrots, peeled and sliced
- 3 celery sticks, chopped
- 2 turnips, peeled and chopped
- 1 leek, sliced
- 2 cups green beans, sliced
- 2 cups of shredded cabbage
- 2 teaspoons chopped parsley



Preparation

Layer the potatoes, carrots, green beans, celery, turnips, onions, pepper, leek and cabbage in the potjie (in this order). Add the tinned tomatoes and the water. Add salt, pepper and parsley. Cover and simmer slowly for approximately 60 minutes until done.

Serving Suggestion

Serve with couscous, rice or pasta.

POTJIE PUDDING

Ingredients – Syrup

125ml water
250ml hanepoot wine
250ml fresh orange juice
100g sugar
10ml butter
5ml grated orange rind
1 clove
1 stick cinnamon
25ml lemon juice
2ml ground ginger

Ingredients – Batter

160g butter
100g castor sugar
2 eggs, whisked
25ml apricot jam
5ml grated orange rind
5ml vanilla essence
180g self-raising flour
Pinch of salt
5ml bicarbonate of soda
250ml milk
150g seedless raisins

Preparation

Place all ingredients for the syrup in a potjie and bring to the boil. To make the batter, cream the butter and castor sugar together. Add the eggs and beat well. Also add the apricot jam, orange rind and vanilla essence and blend. Sift the flour and salt together and gradually add to the mixture. Blend well. Dissolve the bicarbonate of soda in the milk and add to the mixture with the raisins. Blend well. Drop spoonfuls of the mixture into the boiling syrup, cover and simmer for about 20 to 30 minutes or until the surface no longer looks like uncooked dough.

Serving Suggestion

Serve with cream, custard or ice cream.



BUILT TO LAST

Your innovative potjie multitool has been built to last. However, in order to give you years of incredible service, it does need a little tender loving care (like all of us). The handle is made of wood to prevent your fingers burning when lifting hot cooking equipment. Because wood is a natural material and every piece is different, it is subject to normal environmental conditions.

Wood does not like to be soaked in water and it tends to crack if it is allowed to dry out. It also doesn't like strong detergents. As such, your potjie multitool should not be left in a basin of water or washed in a dishwasher. Also, it should not be left outside for extended periods where sun, rain and wind could have a negative effect on the wood.

To preserve your potjie multitool, it is strongly recommended that you wipe it down with a damp cloth after use. Every few months you can take a little olive oil (always available when cooking) on a cloth and wipe the wooden handle with it. Not only will this bring out the natural beauty of the wood grain, it will also ensure that your handle lasts and functions in the way that it was designed to do.





www.beerbird.co.za

Q Which side of a chicken
has more feathers?
A. The outside.



Distributed by


NOVObrands
www.novobrand.co.za