

NAMAQUA

WINES



PINOTAGE & BEEF SHIN POTJIE

Potjiekos is regarded as humble by many but, when it is done right, it can compete with even the fanciest of dishes when it comes to taste.

INGREDIENTS

- 1.5kg Beef shin, with bone in
- 2 Onions, diced
- 1 Cup diced carrots
- 1 Cup diced celery
- 2 Garlic cloves, crushed
- 6 Medium potatoes, cut into chunks
- 6 Carrots, cut into chunks
- 250g White button mushrooms
- 850ml Beef stock
- 2 Tbs tomato paste
- 1 Cup red wine
- 30ml Worcestershire sauce
- 5 Bay leaves
- 2 Sprigs fresh rosemary
- Salt & pepper

INSTRUCTIONS

Heat the oil in a potjie. Season the meat with salt and pepper, and brown in heated oil.

Add the diced onion, celery, and carrots, plus the garlic, and fry with the meat for 8 minutes.

Add the stock, red wine, Worcestershire sauce, bay leaves, rosemary, salt and pepper, and cook with the lid on low heat for 1 and a half hours.

Add the carrots, mushrooms, and potatoes, and cook for another hour until the meat is tender and the potatoes are cooked.

Serve with rice.

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