

# Taste of Africa

- a safari full of flavour -

## Karoo Venison potjie

African stew with any venison meat

Why not ostrich, moose, raw deer or reindeer?

### Karoo Venison potjie

#### For 6 people you will need:

5 tbsp (45 ml) olive oil  
1 kg venison in cubes  
1 large onion, chopped  
4 cloves garlic, crushed  
1 tsp (5 ml) whole cloves  
1 tsp (5 ml) dried mustard  
1 tsp (5 ml) dried or 2 tsp (10 ml) fresh  
parsley  
1 tsp (5 ml) barbecue spice  
Salt  
Black pepper  
1 can (340 ml) of beer  
500 ml cola  
5 tbsp (45 ml) Worcester sauce  
1 tin pineapple chunks, remove the syrup  
250 g mixed dried fruits  
1,5 dl (150 ml) M<sup>rs</sup> Ball's chutney  
0,5-1 dl (50-100 ml) plain yoghurt

### Do like this:

Heat the oil in a potjie and brown the meat cubes. Remove from heat and set it aside. Fry the onions and garlic until golden. Add the cloves, mustard, parsley, barbecue spice, salt and pepper, and let it sizzle for one minute. Be careful not to burn it!

Add the meat, the beer and the cola. Remember that the liquid must be pre-heated before added to a hot potjie! Add Worcester sauce and let it simmer gently with the lid on for about 1.5 hrs or more until the meat is nearly tender. Add the pineapple, the dried fruits, and M<sup>rs</sup> Ball's chutney. Let the potjie simmer for another 20 minutes.

Stir in the plain yoghurt just before serving. Serve with rice and a salad.

To tenderise the meat, it can be marinated for up to 24 hrs in the fridge. Make the marinade with red wine, garlic, chutney and some of the spices. When using it, let the marinade drip off before frying.