

Ostrich Potjie

Use a #3 potjie.

Ingredients:

- 30 ml cooking oil
- 1.5 kg ostrich neck slices
- 4 leeks, sliced
- 2 fat cloves garlic, crushed
- 5 ml dried or 1 sprig fresh rosemary
- 250 g brown mushrooms, sliced
- 30 ml boiled green peppercorns, bruised
- 75 ml brandy
- 50 ml dry sherry
- 375 ml dry red wine or 1/2 red wine
- 1/2 chicken stock
- 30 ml lemon juice
- 15 fresh pickling onions, peeled
- 10 small whole carrots
- 8 small, peeled potatoes or unpeeled new potatoes scrubbed clean
- 250gr cooked, chopped and flavoured spinach mixed with 125 ml sour cream.
Flavour the spinach with some of the following: bacon, ham, cheese, nutmeg and lemon juice)
- 15 ml cake flour
- a little milk pinch
- nutmeg
- salt to taste

Method:

Heat the oil in the pot and brown the meat a little at a time. Remove and set aside. Fry the leeks, garlic, rosemary, mushrooms and peppercorns in the same pot. Return the meat to the pot. Heat the brandy slightly, pour over the meat, and ignite. Add the heated sherry, red wine and lemon juice once the flames have died down. Cover with the lid, reduce the heat and simmer for 2 1/2 hours or till the meat is almost tender. Layer the vegetables, except the spinach, on top of the meat, cover, and simmer for a further 45 to 50 minutes. Mix the spinach mixture with a paste of cake flour and milk and spoon carefully over the food in the pot. Season with nutmeg and salt, cover and simmer for a further 15 minutes.