

Ingredients

15kg Beef - cut into 3cm cubes
15 Onions - cut into eights
Oil to brown meat and onions
Approx 10kgs of soaked IMBO beans
10kg carrots - peeled and liced 1cm thick and roasted
1 large pumpkin sliced 1cm thick and roasted
10 gem squash cut into eighths
20 sweet corn - sliced into 5 pieces
15 large potatoes cut into 4cm cubes
8 sweet potatoes peeled and halved into 7mm slices
Sliced cabbage - enough to fill pot
2 litres meat and vegetable stock
Gharam Masala seasoning, roasted and fried in oil

Method

Get potjie pot hot on the fire
Add oil and brown the meat in batches
Sautée onions in bigger, separate pot then add the meat
Add heated stock to onion pot and let simmer
Add beans immediately
Add other ingredients in order of their cooking times:
Potatoes
Carrots
Sweet potatoes
Gem squash
Sweet corn
Pumpkin
Cabbage
Add seasoning and water as required while maintaining a simmering pot.

