

OVERALL time: 95 mins

5 SPICE SPEEDY POTJIE

Discover the joy of traditional potjie cooking with a modern twist! Our speedy potjie dish brings together the rich, hearty flavors of this South African classic in a fraction of the time. Perfect for weeknight dinners or impromptu gatherings, this recipe combines the rustic charm of outdoor cooking with the convenience of a quick, one-pot meal. Get ready to savor tender meat and vibrant vegetables simmered to perfection, all in under an hour!

Metric

Number of servings : 4

ingredients

Main

- 30 ml Olive Oil
- 1 Kg Stewing beef, shin, chuck
- 1 Large onion, diced
- 2 Stalks celery, sliced
- 30 ml **Cape Herb and Spice Chinese 5 Spice**
- 4 Cloves of garlic, smashed
- 30 ml Ginger, peeled & thinly sliced
- 1 Fresh serrano chili, whole
- 30 ml Flour
- 500 ml Beef or chicken stock
- 40 ml Soy sauce
- 40 ml Rice vinegar
- 500 g Baby Potatoes, whole
- 100 g Green beans, sliced in half
- 100 g Sugar snap peas
- 100 g Broccoli florets
- Spring onions, to garnish

To taste

- **Cape Herb and Spice Atlantic Sea Salt**

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 75 mins

Pat beef pieces dry with paper towel.

Slice into large chunks and season with a little Cape Herbs & Spice Sea Salt.

Set pressure cooker to sauté mode.

Add a drizzle of olive oil.

When hot, sear the beef on all sides until golden brown.

Transfer the meat to a plate and repeat with the remaining pieces.

Set aside.

Add the onion, celery and Cape Herbs & Spice 5 Spice Seasoning.

Sauté until the onion is tender and the pot is fragrant.

Add garlic, ginger and chilli and cook for a minute.

Sprinkle over the flour and stir to coat the vegetables well.

Pour in the stock, soy sauce and rice vinegar.

Stir very well making sure to scrape any stuck bits off the inner pot.

(This will avoid a potential burn signal and the pressure cooker stopping during the cook)

Place the lid on the pressure cooker and set for 35 minutes on high pressure.

Allow for a 10 minute natural pressure release and then move the seal to vent.

When pressure has released, remove the lid.

Add the green beans, sugar snaps and broccoli.

Stir to mix.

Replace the lid and pressure cook for 2 minutes followed by a quick release.

Remove the lid and taste to adjust seasoning if necessary.

If you would like to thicken the sauce further - remove meat and vegetables with a slotted spoon.

Set pressure cooker to sauté mode and simmer until thickened.

Discard the whole chilli.

Serve potjie into warm bowls, sprinkle with spring onions and enjoy!

ingredients

Main

- 30 ml Olive Oil
- 1 Kg Stewing beef, shin, chuck
- 1 Large onion, diced
- 2 Stalks celery, sliced
- 30 ml **Cape Herb and Spice Chinese 5 Spice**
- 4 Cloves of garlic, smashed
- 30 ml Ginger, peeled & thinly sliced
- 1 Fresh serrano chili, whole
- 30 ml Flour
- 500 ml Beef or chicken stock
- 40 ml Soy sauce
- 40 ml Rice vinegar
- 500 g Baby Potatoes, whole
- 100 g Green beans, sliced in half
- 100 g Sugar snap peas
- 100 g Broccoli florets
- Spring onions, to garnish

To taste

- **Cape Herb and Spice Atlantic Sea Salt**

Number of servings : 4

THIS IS WHAT YOU WILL NEED TO DO

PREP TIME: 20 mins | COOKING TIME: 75 mins

Pat beef pieces dry with paper towel.

Slice into large chunks and season with a little Cape Herbs & Spice Sea Salt.

Set pressure cooker to sauté mode.

Add a drizzle of olive oil.

When hot, sear the beef on all sides until golden brown.

Transfer the meat to a plate and repeat with the remaining pieces.

Set aside.

Add the onion, celery and Cape Herbs & Spice 5 Spice Seasoning.

Sauté until the onion is tender and the pot is fragrant.

Add garlic, ginger and chilli and cook for a minute.

Sprinkle over the flour and stir to coat the vegetables well.

Pour in the stock, soy sauce and rice vinegar.

Stir very well making sure to scrape any stuck bits off the inner pot.

(This will avoid a potential burn signal and the pressure cooker stopping during the cook)

Place the lid on the pressure cooker and set for 35 minutes on high pressure.

Allow for a 10 minute natural pressure release and then move the seal to vent.

When pressure has released, remove the lid.

Add the green beans, sugar snaps and broccoli.

Stir to mix.

Replace the lid and pressure cook for 2 minutes followed by a quick release.

Remove the lid and taste to adjust seasoning if necessary.

If you would like to thicken the sauce further - remove meat and vegetables with a slotted spoon.

Set pressure cooker to sauté mode and simmer until thickened.

Discard the whole chilli.

Serve potjie into warm bowls, sprinkle with spring onions and enjoy!

Recipe concept, photography and video by Bianca Davies: @beeblegum on Instagram |
<http://thesecretlifeofbee.co.za/>

<https://capeherb.co.za>