



Fresh from the herb garden



Johan du Preez, *aka* Panda, is a familiar face in the nursery world. He is a nursery specialist for seed supplier Starke Ayres, but also happens to be a qualified chef. By giving demonstrations and talks at nurseries and garden clubs, he has combined both of his passions – gardening and food. His talks are thoroughly entertaining as he explains how to sow herbs and veggies from seed, and then cook with the freshest of ingredients. He shares his favourite potjiekos recipe with us.

Lamb shank potjie

Use a number 3 potjie pot for this recipe.

1 kg lamb shanks, cut into pieces
 15 ml cooking oil
 250 g onions, sliced
 Salt and pepper to taste
 500 ml beef stock, warmed
 500 g potatoes, peeled and cut into slices
 250 g young baby marrows and small mushrooms (if big, cut into slices)
 4 spring onions, chopped

250 g baby corn
 250 g patty pans
 3 baby butternuts
 250 g bite-size peppers
 250 g tomatoes, skinned and chopped
 5 ml fresh origanum
 Pinch of ground cloves
 1 ml paprika
 15 ml fresh rosemary, chopped
 2 bottles of Knorr Honey and Mustard Sauce

Brown the lamb shanks in warm cooking oil. Add the onions and stir. Season with salt and pepper. Add the warm beef stock to the lamb shanks. Add the vegetables on top of the meat in the following order: First the potatoes, then the baby marrows, baby corn, butternut, patty pans, bite-size peppers, mushrooms and spring onions. Add the chopped tomatoes on top of the vegetables. Sprinkle the origanum, cloves, paprika and rosemary over the top. Cover the pot and cook for 1½ hours, or until the meat and the vegetables are almost done. Add the two bottles of Knorr Honey and Mustard Sauce. Cover the pot and cook for a further ½ hour. Don't stir too much.
 Serves 4-6 people.