



Potjiekos Family Day

Safari Adventure



What is Potjiekos?

In South Africa, a potjiekos literally translated "small-pot food", is a dish prepared outdoors. It is traditionally cooked in a round, cast iron, three-legged cauldron, the *potjie*, descended from the Dutch oven brought from the Netherlands to South Africa in the 17th century and found in the homes and villages of people throughout southern Africa.

The pot is heated using small amounts of wood or charcoal.

Traditionally, the recipe includes meat, vegetables like carrots, cabbage, cauliflower, or pumpkin, starches like rice or potatoes, all slow-cooked with Dutch-Malay spices, the distinctive spicing of South Africa's early culinary melting pot. Other common ingredients include fruits and flour-based products like pasta.

Potjiekos originated with the Voortrekkers, evolving as a stew made of venison and vegetables (if available), cooked in the potjie. As *trekkers* (pioneers) shot wild game, it was added to the pot. The large bones were included to thicken the dish. Each day when the wagons stopped, the pot was placed over a fire to simmer.

New bones replaced old and fresh meat replaced meat eaten. Game included venison, poultry such as guinea fowl, warthog, bushpig, rabbit, and hare.

Cooking oil is added to a *potjie*, and placed on a fire until hot. Meat is added, typically lamb or pork. The meat is spiced and often a form of alcohol is added for flavor—mostly beer, Old Brown Sherry or a dessert wine like Humbro.



Potjiekos Rules



- Potjies must be made from scratch at the event and will be judged on flavour and colour.
- Participants must provide all their own ingredients and own equipment that is needed.
- A list of ingredients will be required for allergy purposes.
- Contents of the potjies are to be donated and served to the public who have paid an entry fee to the event.
- Potjies can start setup at 8h00 and cooking thereafter and **MUST** be ready to be served by 12h30 to the judges. Potjies must be a minimum size 3.
- Potjie entries must clean their own area, leaving in it in the same condition as found.
- Each potjie entry includes two entry tickets to the event.
- The entry fee is \$100 because the prizes to be won is worth more than \$1,000.00.