**Sifo’s Lamb Potjie**

***Serves 6***

***Ingredients***

* *1.5kg Lamb knuckles/stewing lamb*
* *1 large onion, roughly chopped*
* *4 garlic cloves, finely chopped*
* *500g baby potatoes/ 4 large potatoes cut into chunks*
* *4 large carrots, peeled and chopped*
* *200g baby marrows, roughly chopped*
* *200g mushrooms, sliced*
* *1 tbsp flour*
* *25g Bisto gravy for lamb roast*
* *200ml beef stock*
* *250ml red wine (optional)*
* *4 tbsp canola oil*
* *1 tbsp Rhodes Quality Tomato paste* *tomato paste*
* *2 tbsp BBQ sauce*
* *2 tbsp Hinds Spices Southern Grill All in One seasoning*
* *2 tbsp Hinds Spices Paprika*
* *1 tbsp garlic powder*
* *2 tbsp lamb rub.*
* *2 sprigs of fresh rosemary*
* *20g fresh coriander, roughly chopped*
* *Salt and* *Hinds Spices Black pepper, to taste*

***Method***

1. *Light up your fire.*
2. *Add the meat into a large bowl and season the meat with lamb rub, Hinds Spices Southern Grill All in One seasoning, Hinds Spices Paprika and garlic powder. Sprinkle flour and ensure meat is fully coated.*
3. *Heat oil in your potjie pot over hot fire. Add in the lamb and sear on each side until golden brown. Once meat is browned on each side stir in onion and garlic. Fry for 3-5minutes until the onion is translucent.*
4. *Add in rosemary, Rhodes Quality tomato paste*, *BBQ sauce and stir. Then add beef stock and wine (optional). Cover with a lid and let it simmer for 1hour 15minutes, stirring occasionally.*
5. *Stir in potatoes and carrots. Simmer for 25-30 minutes*
6. *Prepare the Bisto gravy for lamb roast as per the package instructions. Pour in the gravy into the potjie, then stir in baby marrows, mushrooms and parsley. Season with salt and pepper if needed. Simmer for 10-15minutes.*
7. *Serve with Pap/Dumplings/ Steamed bread/Samp and beans.*