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OXTAIL & BANANA POT

This lovely pot is best when served with brown or white rice. It's enough for 6 people and a # 3 pot is recommended.

INGREDIENTS

1 Large oxtail, cut into pieces 12 Baby potatoes
3 Medium onions, finely sliced 250g Button mushrooms
30ml Butter 1 Large tomato, sliced
2 Garlic cloves, finely chopped 5ml Chopped parsley
0.5 Red chilli, finely chopped 10 Whole uitjies
5 Whole 'kruienaeltjies'
SAUCE
5ml Mixed herbs 62ml Brown vinegar
2 Bay leaves 20ml Tomato sauce,
500ml Warm water 20ml Chutney
Salt and pepper to taste 20ml Honey
2 Ripe bananas, sliced 10ml Medium curry powder
5 Medium carrots, cut into strips

METHOD

Smeer the pot with the butter and heat the pot. Braai the meat for about 15 minutes.

Add the onions, garlic, chilli, naeltjies, herbs, bay leaves, salt and pepper and braai for a further 15 minutes. (If the pot gets too dry, add some warm water)

Now add the 500ml warm water, cover with the lid and allow the pot to simmer for about 2 hours.

In the meantime, mix the ingredients of the sauce and put one side.

After 2 hours, pack the bananas on top of the meat and layer the veggies as they appear in the recipe.

Sprinkle the parsley on top, and then layer the uitjies and allow the pot to simmer for 1 hour.

Add the sauce and allow to simmer for a further 30 minutes.