

# Koos die Potjieman' Holbrand Potjie

## *Ingredients for +- 2 kg of fish*

- ✚ 3-4 tps curry powder as well as whole spices
- ✚ additional garlic to taste
- ✚ 2-4 onions
- ✚ 3-5 tomatoes
- ✚ Some potatoes
- ✚ Salt to taste
- ✚ Oil to your discretion
- ✚ Optional:
  - 1 tps mustard powder or seed
  - 1 Apricot jam or chutney
  - A banana or two

## *Method:*

- ✚ Blanché onions and tomatoes for 5 minutes in oil
- ✚ Add 3-4 tps of curry powder, tamarind and some whole spices to taste,
- ✚ Add 1 tps sugar (to neutralize tomato)
- ✚ Simmer for about 10 minutes, stir now and then
- ✚ Add meat and stir
- ✚ Add salt and garlic to taste
- ✚ Add water when required
- ✚ Add potatoes when required

**Serve with rice add chutney, bananas and ground coconut**

## *Important:*

- ✚ **Exclude cinnamon when cooking tribe**