

MURPHY'S EASTERN SPICED SKAAPSKENKELPOT

MAIN INGREDIENTS (NEEDED FOR 6-8 PEOPLE)(use 260 g/head bones included)(for double people take meat x2 but rest take x1.6 quantities)

1. 1500 TO 1800 GRAMS SKAAPSKENKEL (PERHAPS CUT UP, KEEP BONE)
2. FOUR ONIONS SLICED
3. EIGHT MEDIUM POTATOES (CUT IN QUARTERS)
4. TWO CANS CHOPPED TOMATOES – one to be Indian diced tomatoes
5. FIVE BIG CARROTS (SLICED)
6. **SPICES:** A: ONE TEASPOON EACH OF CHILLI PASTE, GARLIC, GINGER PASTE OR THREE TEASPOONS OF THE READY MIX YOU GET.
B: HEAPED TEASPOON MARSALLA POWDER.
C: TWO CURRY LEAVES.
D: ONE CINAMON STICK.
E: ONE BAY LEAVE.

STEP 1

MAKE A FIRE, GET THE POT, WIPE IT, GET A BEER (FOR YOURSELF).

STEP 2

BROWN MEAT IN BATCHES IN VERY HOT POT WITH OIL. SALT/PEPPER. TAKE MEAT OUT AND PUT ASIDE. CAN COOL. MUST ROAST, NOT BOIL AND THAT IS WHY YOU DO THE MEAT IN BATCHES.
THEN FRY ONIONS WITH SPICES “A” AND “B” TILL YELLOW. STIR AND HAVE ANOTHER BEER FIRST. ADD MEAT BACK IN AND STIR.

STEP 3

ADD CHOPPED TOMATOES (REMEMBER THEY WERE IN THE CANS) AND THE CARROTS (YOU DID SLICE THEM, HEY ?) AND A CAN OF WATER. LET COOK SLOWLY FOR QUITE A WHILE. HAVE ANOTHER BEER – YOU ARE TOO MUCH IN A HURRY !)

STEP 4

ADD THE POTATOES AND SPICES “C”, “D” AND “E”. (LEAVES WHOLE , CINAMON BROKEN UP) (LEAVES MUST BE REMOVABLE AFTERWARDS SO THAT SOME POOR **SOD** DOESN'T HAVE TO CHEW ON THEM AND HATE YOU)

COOK FOR ANOTHER 45 MINUTES WHILE HAVING TWO MORE BEERS.
CALL EVERYBODY TO COME AND EAT.

I BET YOU A CASE YOU DIDN'T ASK YOUR WIFE A HOUR-AND-A-HALF AGO TO COOK YOU A BIG POT OF RICE OR PAP – DAMN !!