

Breco Seafood Braai Competition

Manie's Weskus Mixed Seafood Braai Potjie

By Manie Mostert



Seafood: Prawns, Mussels, Calamari rings, Hake, crab sticks

Serves: 8

Preparation time: 30 minutes

Cooking time: 30 minutes

The story

Ingredients

INGREDIENTS

- 8 garlic cloves, chopped
- 2 onions, chopped
- 4 spring onion, chopped
- 1 green pepper, chopped
- 2 chillies, chopped (optional)
- 80 ml butter
- 1 punnet sliced or button mushrooms
- 500 g prawns, cleaned
- 500 g mussels in shells
- 500 g calamari rings
- 500 g hake cut into pieces
- 500 g crab sticks
- 40 ml lemon juice
- 200 ml cream
- 50 ml white wine
- 5 ml salt

2 ml fresh ground black pepper

5 ml lemon pepper

10 ml fresh chopped parsley

Method

INSTRUCTIONS

Fry garlic, onions, spring onion, green pepper, chillies and mushrooms in butter.

Add in the rest of the ingredients.

Let simmer without a lid till the sauce is thick.

Serve on savoury rice or pasta rice.