MANIE'S WESKUS SEAFOOD POTJIE

Serves 8 | Prep time: 30 min | Cook time: 30 min



A generous, creamy West Coast pot packed with prawns, mussels, calamari, hake and crab sticks.

RECIPE BY MANIE MOSTERT, PLUMSTEAD

INGREDIENTS:

- [ ] 80ml butter
- [ ] 8 garlic cloves, chopped
- [ ] 2 onions, chopped
- [ ] 4 spring onions, chopped
- [ ] 1 green pepper, chopped
- [ ] 2 chillies, chopped (optional)
- [ ] 1 punnet mushrooms, sliced
- [ ] 500g prawns, cleaned
- [ ] 500g whole shell mussels
- [ ] 500g Breco Squid Rings
- [ ] 500g hake, cut into pieces
- [ ] 500g crab sticks
- [ ] 40ml lemon juice
- [ ] 200ml cream
- [ ] 50ml white wine
- [ ] 5ml (1 tsp) salt
- [ ] 2.5ml (½ tsp) black pepper
- [ ] 5ml (1 tsp) lemon pepper
- [ ] 10ml (2 tsp) fresh parsley, chopped

METHOD:

01. Melt the butter in a large potjie. Add the garlic, onions, spring onions, green pepper, chillies and mushrooms and fry until soft.
02. Stir in the prawns, mussels, calamari, hake and crab sticks.
03. Add the lemon juice, cream, wine, salt, pepper and lemon pepper and stir gently.
04. Simmer uncovered over medium-low coals, stirring now and then, until the seafood is just cooked and the sauce has thickened.
05. Stir through the parsley and serve hot with savoury rice or pasta.