

More than 1 hour

Serves 6

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Ingredients:

- 1kg (about 28-30) chicken feet, cleaned and nails removed
- 3 Tbsp (45ml) coarse salt
- Vegetable oil, for deep-frying
- 2 Tbsp (30ml) canola oil
- 4 carrots, chopped
- 2 onions, chopped
- 3 cloves garlic, chopped
- 2 bay leaves
- 2 Tbsp (30ml) ground coriander
- 1 Tbsp (15ml) ground cumin
- 1 sachet (50g) tomato paste
- 1 Tbsp (15ml) sugar
- 3 salad tomatoes, chopped
- Juice (60ml) of 1 lemon
- 4 cups (1L) chicken stock
- 2 cans (410g each) chakalaka
- Salt and milled pepper
- 2 Tbsp (30ml) chopped fresh coriander

Salsa:

- 1 red onion, chopped
- 2 salad tomatoes, chopped
- ¼ cup (60ml) olive oil
- Juice (30ml) and grated peel of ½ lemon
- 1 Tbsp (15ml) parsley, chopped

- Salt and milled pepper

Method

Not a fan of chicken feet? Use chicken wings instead and skip the salting and deep-frying. Simply brown the meat in hot oil before adding the veg.

1. Rub chicken feet with coarse salt and set aside for 10 minutes (this will help to clean them), then gently scrub under cold water and dry thoroughly.
2. Deep-fry feet in batches in hot oil for 3-6 minutes or until crispy, and drain on kitchen paper (this helps maintain its shape before cooking with other ingredients).
3. Heat canola oil in a large cast-iron pot over medium-hot coals.
4. Fry carrots, onions, garlic and bay leaves for 5-8 minutes.
5. Add spices and fry for 30 seconds, then add tomato paste and cook for a minute.
6. Stir through sugar, tomatoes, lemon juice and 1 cup (250ml) chicken stock, and cook for 3 minutes.
7. Add chicken feet and braise lightly for 3-5 minutes.
8. Adjust coals so potjie is simmering over low heat.
9. Pour in remaining stock and chakalaka, cover with the lid and simmer gently for 30-40 minutes.
10. Remove potjie from heat, season and stir through coriander.
11. Combine salsa ingredients in a bowl and season.
12. Serve potjie with salsa and freshly baked potbrood with herbed butter, if you like.

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