

1 hour

Serves 6

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Ingredients

- 3 Tbsp (45ml) canola oil
- 2 onions, chopped
- 1 bulb fennel, chopped (reserve fronds)
- 3 cloves garlic, sliced
- 3cm knob ginger, peeled and grated
- 1 red or green chilli, deseeded and chopped
- 2 tsp (10ml) smoked or regular paprika
- 1 cup (250ml) white wine (optional)
- 1 can (400g) tomato purée
- 1 Tbsp (15ml) sugar
- 4 cups (1L) fish stock
- 1 packet (3) bell peppers, deseeded and roughly chopped
- 1 packet (500g) risoni (pasta rice) or basmati rice
- 3 fillets (about 100g each) kingklip or hake, skinned and cut into large chunks
- 10-12 prawns, defrosted and deveined
- 1 packet (about 450g) fresh mussels, cleaned
- Salt and milled pepper
- Juice (60ml) and grated peel of 1 lemon
- 3 Tbsp (45ml) chopped parsley

Method

Don't place a flat-bottomed cast-iron pot directly on coals, as this may cause food to burn. Use a tripod, or balance the pot on two bricks to create some height.

1. Heat oil in a large cast iron pot over hot coals.
2. Fry onions, fennel, garlic, ginger and chilli for 3 minutes.
3. Add paprika and fry for a minute.
4. Add wine, if using, and simmer for 3-5 minutes.
5. Stir in tomato purée, sugar and fish stock.
6. Adjust coals so that potjie is simmering over low heat, cover with the lid and simmer for 20-30 minutes (don't be tempted to stir).
7. Add peppers, cover, and simmer for 8 minutes.
8. Add risoni, kingklip, prawns and mussels.
9. Cover and simmer for 10-12 minutes.
10. Remove from heat, season and stir through lemon juice and peel, parsley and fennel fronds.
11. Serve immediately.

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Reviews

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