

# FOOD ON THE RUN!

The following recipe brings back good memories : December + Sun + Fun visiting Riaan and Ilke in Buffels Bay where they camped only a few meters away from the sea. With winter looming, we think back with longing to those summer nights. Luckily having a potjie is just as good in winter as in summer.

The recipe on the left is one that I found to be very similar to the potjie Ilke made in December. The recipe on the left have precise instructions and ingredients, for those who wants to measure everything to the last. The recipe on the right is Ilke's that she makes from memory, which means it will appeal to the more adventurous potjie-makers who hate measuring anything.

NOODLE & CHICKEN POT	ILKE's CHICKEN and NOODLE POT
<p>It's enough for 4 to 6 people and a # 3 pot is recommended.</p>	
<p><b>INGREDIENTS</b></p> <ul style="list-style-type: none"> <li>▪ 8 Chicken breasts</li> <li>▪ Salt &amp; pepper to taste</li> <li>▪ 30ml Cooking oil</li> <li>▪ 2 Celery sticks, chopped</li> <li>▪ 2 Tomatoes, sliced</li> <li>▪ 1 Green-pepper, cut lengthwise</li> <li>▪ 250g Whole button mushrooms</li> <li>▪ 250ml onion grass, chopped</li> <li>▪ 15ml Parsley, finely chopped</li> <li>▪ 10ml Mixed herbs</li> <li>▪ 500ml Uncooked shell noodles</li> <li>▪ 5ml Ground black pepper</li> <li>▪ 3ml Dried rosemary</li> <li>▪ 250ml Dry white wine</li> <li>▪ 250ml Grated cheddar cheese</li> </ul>	<p><b>INGREDIENTS</b></p> <ul style="list-style-type: none"> <li>▪ Chicken</li> <li>▪ Onions</li> <li>▪ Carrots</li> <li>▪ Corn</li> <li>▪ Celery</li> <li>▪ Tomatoes</li> <li>▪ Half cooked shell noodles</li> <li>▪ Grated cheddar cheese</li> <li>▪ Chutney</li> <li>▪ Tomato sauce</li> <li>▪ Worcester sauce</li> <li>▪ 1 packet soup (chicken or white onion or mushroom)</li> <li>▪ Salt, pepper &amp; spices to taste</li> </ul>
<p><b>METHOD</b>            Spice the chicken with the salt and pepper. Heat the oil in the pot and braai the chicken, a few pieces at a time, until golden brown. Layer the veggies in the order as above and sprinkle the parsley and mixed herbs over all. Now add the shell noodles and sprinkle the pepper and rosemary over before pouring the wine over all the ingredients. Cover with the lid and allow to simmer for about 1 hour. Sprinkle the cheese over and allow to simmer for a final 20 minutes.</p>	<p><b>METHOD</b>            Fry onions. Remove onions from the pot and fry chicken. Add fried onions to chicken. Layer the veggies. Mix soup powder with +/- 1 cup water. Add to pot. Mix tomato sauce, chutney and worcester sauce. Pour over top of veggie layer. Add half cooked shell noodles. ½ hour before pot is done – add grated cheese on top.</p>

We want to encourage everyone to send in his or her own trusted recipes & ideas. By sharing we all get new ideas to make LIFE ON THE RUN interesting.

Forward any recipes to me at : [drocher@absamail.co.za](mailto:drocher@absamail.co.za)

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