

MURPHY'S EASTERN SPICED SKAAPSKENKELPOT

MAIN INGREDIENTS (NEEDED FOR 10 PEOPLE)

1. 1500 TO 1800 GRAMS SKAAPSKENKEL (PERHAPS CUT UP, KEEP BONE)
2. FOUR ONIONS SLICED
3. EIGHT MEDIUM POTATOES (CUT IN QUARTERS)
4. TWO CANS CHOPPED TOMATOES
5. FIVE BIG CARROTS (SLICED)
6. **SPICES:** A: ONE TEASPOON EACH OF CHILLI PASTE, GARLIC, GINGER PASTE OR THREE TEASPOONS OF THE READY MIX YOU GET.
B: HEAPED TEASPOON MARSALLA POWDER.
C: TWO CURRY LEAVES.
D: ONE CINAMON STICK.
E: ONE BAY LEAVE.

STEP 1

MAKE A FIRE, GET THE POT, WIPE IT, GET A BEER (FOR YOURSELF).

STEP 2

BROWN MEAT IN VERY HOT POT WITH OIL IN. (SALT/PEPPER ADDED). THEN ADD ONIONS. ADD SPICES "A" AND "B". STIR AND HAVE ANOTHER BEER FIRST.

STEP 3

ADD CHOPPED TOMATOES (REMEMBER THEY WERE IN THE CANS) AND THE CARROTS (YOU DID SLICE THEM, HEY ?) AND A BIT OF WATER. LET COOK SLOWLY FOR QUITE A WHILE. HAVE ANOTHER BEER – YOU ARE TOO MUCH IN A HURRY !)

STEP 4

ADD THE POTATOES AND SPICES "C" , "D" AND "E". (LEAVES WHOLE , CINAMON BROKEN UP) (LEAVES MUST BE REMOVABLE AFTERWARDS SO THAT SOME POOR **SOD** DOESN'T HAVE TO CHEW ON THEM AND HATE YOU)

COOK FOR ANOTHER 45 MINUTES WHILE HAVING TWO MORE BEERS. CALL EVERYBODY TO COME AND EAT.

I BET YOU A CASE YOU DIDN'T ASK YOUR WIFE A HOUR-AND-A-HALF AGO TO COOK YOU A BIG POT OF RICE – DAMN !!