

You2Camp Potjies

Instruction Booklet




Please note the importance of the KEY SAFETY PRECAUTIONS in this booklet.

For pricing: www.you2camp.com

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Overview:

Create Your Own Mini Masterpiece – One Pot at a Time:

Get ready for a hands-on, fun-filled cooking experience with family and friends.

This activity booklet is your guide to preparing your very own mini potjie meal – a fun, social, and delicious way to cook and connect.

Each person gets their own small potjie **and the freedom to build a unique meal from scratch**. Whether you're a meat lover, veggie fan, or spice enthusiast, the choice is all yours!

In this booklet, you'll find:

- How It Works
- Ingredient Ideas
- Cooking Instructions
- Some Recipes
- Cleanup & Care
- Heat Source
- Safety Precautions

This experience is about creativity, collaboration, and comfort food, so gather your ingredients, fire up your imagination, and let's get cooking—potjie-style!

May the best cook win!

How it works:

Set up our table where each participant gets their own “workstation”.

Utensils & Gear Set-up per person:

- Small potjie (Size ¼ typically works best. Ensure it is cleaned as per “cleaning and care” instruction in this guide). Size ¼ typically potjie can accommodate 700ml of water if full.
- You2Camp Potjie stand with heat source: gas burner/chafing dish container and chafing dish fuel.
- Cutting board, small knife and peeler.
- Wooden spoon.

- Small plate to collect your ingredients.
- Extra bowls for the scraps.
- Heatproof gloves or tongs (optional but handy).
- Lighter (for all participants to use).
- Serving bowl or plate (for when it's done).
- Napkins or serviettes.

Before You Start – Organizer's Prep List:

To make this event smooth and fun, organizers should:

- ✓ Pre-cut and portion all ingredients in advance.
- ✓ Label ingredients clearly (allergens, spice level, vegetarian options).
- ✓ Set up buffet style ingredients station or if you have a big table all your ingredients can be placed on your table.
- ✓ Provide extra napkins, paper towels, and trash bins.
- ✓ Assign someone to manage the fire/heat source or have extra containers already filled with the correct amount of chafing dish fuel (**and see Key Safety Precautions**).
- ✓ Have extras: salt, pepper, oil, stock, water, etc.
- ✓ Access to a Fire Extinguisher.

Potjie Products:

The Starter Pack:

We refer to a Starter Pack as a complete set for one person, everything you need to start having some potjie fun, you only need to get the ingredients and the gel-fuel.

Included in the box: Head on over to our SHOP for details: <https://www.you2camp.com/shop>

Rent the Potjies:

- Rent the Potjies (collect and return), pricing available on our web page. T&C's Apply.

Facilitated: You2Camp #Potjiefun Experience

Elevate your gathering with our interactive #Potjiefun session—perfect for families or friends! Each participant crafts their own personal potjie, turning it into a lively competition to crown the ultimate "Best Cook" by day's end. #potjiefun

How It Works: We handle the full event coordination, supplying the potjies and every ingredient you need. All you do is host at your chosen venue. (Terms & conditions apply.)

What's Included from Us:

- Complete setup with all the essentials for an enjoyable potjie-making adventure.
- Fresh ingredients galore: from premium meats and vegetables to flavourful spices, plus rice (or opt for traditional pap).
- A dedicated gel-fuel station for easy starts and top-ups.
- Essential safety gear, including fire extinguishers.
- Post-event cleanup: We pack up our gear, dispose of waste, and ensure everything we brought is spotless (venue tidying is on you).

Your Role: Provide the space and any seating needs. (Need help with arrangements? We can step in for a small extra fee.)

Components:

- You need additional components for your potjies, buy them separately.

Ingredients:

Ingredients Layout & Prep Station Setup

Before you begin, create a **build-your-own potjie bar** – buffet-style or set up at each table/station.

Basic Ingredients Categories:

(Organize them in trays or labelled containers)

- **Proteins:** diced chicken, beef cubes, lamb sausage slices.
- **Veggies:** carrots, baby potatoes, onions, peppers, mushrooms, mini corn, pumpkin, cabbage...the selection is endless.
- **Liquids/Sauces:** Olive/Cooking oil, stock (chicken/veg/beef), tomato paste/sauce, curry base, coconut milk, wine, cream, tomato sauce, hot sauce, chutney.
- **Flavour Boosters:** garlic, chili flakes, fresh herbs, ginger, curry powder/paste, paprika, rosemary.
- **Base Layer Options:** rice, pap, samp, couscous, lentils.

Suggested Layout:

- **Station 1:** Add your protein.
- **Station 2:** Load up on veggies.
- **Station 3:** Pick your liquid/sauce.
- **Station 4:** Season & spice it up.
- **Station 5:** Choose your base: rice/pap/samp.

Cooking instructions:

Cooking Your Potjie

- **Heat control is key:** Use low to medium heat. The potjie cooks **slowly** (about 35–45 min depending on ingredients). **Important note: The potjie takes about 8 minutes to reach the ideal cooking heat.**
- **Layering:** Traditional potjies are cooked in layers to allow flavours to infuse gradually. Start with your onions/peppers, brown your protein, add your spices vegetables and liquid/stock.
- **Check occasionally** for moisture – if it gets too dry, add a splash of stock or water.
- **Don't fill your potjie to the brim** as it will boil over.
- It's done when: veggies are tender, and proteins are fully cooked.
- **Check regularly** if you have enough liquid and give it a stir from time to time.
- If your potjie has a lot of liquid, you can add a ½ teaspoon white onion soup powder/flour.
- **Tip: Remember it is a small potjie and important to keep your ratio of ingredients in mind (teaspoon of salt is going to be too much and will leave with salty potjie).**

Time to Eat!

Once it's ready:

- Carefully remove your potjie from the heat (use gloves!).
- Serve straight from the pot or ladle it into your bowl.
- Add your toppings and enjoy the meal you created!

Recipes (But be Creative and share, #potjiefun):

Mussel Soup:

What you need:

- Mussels (10 to 12 half shell per pot)
- Butter to cook onion

- Small Onion
- Teaspoon Garlic
- Leaks to taste
- White Wine, enough to cover mussels
- Cream to taste
- Teaspoon Parsley
- Salt and Pepper to taste
- Optional: White Onion Powder.

How to:

1. Rinse the mussels to clean, set aside. Heat the butter in your potjie and saute the chopped onion until light and glossy.
2. Add the garlic, leak, white wine and the mussels, put the lid on and cook for about 8 minutes.
3. Now add the cream and parsley and salt and pepper to taste. Cook for another 6 minutes and then enjoy.
4. Thickening your sauce, add a teaspoon of white onion powder. Make a lump free paste white onion powder and bit of cream.



Potato Soup:

What you need:

- Butter or Oil to cook onion
- Small onion, chopped

- One large Potato, peeled and diced
- Carrots, diced
- Chicken stock
- Ground black pepper to taste
- Binding Agent (e.g.: White Onion Powder)
- Cream
- Dried parsley
- Dried thyme
- Optional Hot Sauce

How to:

1. Heat the butter in your potjie and saute the chopped onion until light and glossy.
2. Add diced potatoes, carrots, and chicken stock in pot and bring to a boil.
3. Season with ground black pepper to taste. Cook until vegetables are tender, about 10 minutes (from boiling point). Do not overcook.
4. Make a lump free paste with the cream and white onion powder.
5. Cook, stirring constantly, for 8 minutes. Gradually add cream paste and stir, make sure potatoes and carrots are soft but not to mushy.
6. Stir in parsley and thyme and heat through. If you like it hot add some hot sauce.



Curry Lamb Potjie:

What you need:

- ¼ onion (diced)
- 70g lamb (3 pieces)

- 1 teaspoon oil
- ¼ teaspoon garlic
- 1 pinch of coriander
- 1 pinch of chili flakes
- ½ teaspoon vinegar
- ½ teaspoon sugar
- 1 teaspoon apricot jam or chutney
- 1 teaspoon hot curry (paste or powder)
- ½ tomato puree
- 1 teaspoon flour
- 5 tablespoon lamb stock
- Salt and pepper to taste
- 2 baby potatoes cut in bite-size chunks

How to:

1. Saute the onion in oil over medium heat. Add garlic, curry powder/paste, coriander and chili flakes.
2. Add lam and get some colour on the lamb, once browned, add tomato puree, salt and pepper. Add lamb stock, check for enough fluids (add water if needed).
3. Let the potjie stew with the lid on for 20 minutes then add the potatoes.
4. Once the potatoes are almost cooked, make a paste with the vinegar, flour, chutney/apricot jam and sugar and add to potjie.
5. Simmer for another 20 minutes until lamb is tender and potatoes soft

Tip. Also taste you potjie if more salt/pepper/chilly/sugar is needed



Beef Pepper Potjie:

What you need:

- Approximately 200g beef pieces
- 150ml beef stock
- Sliced potatoes
- Sliced tomatoes
- Sliced green pepper (or any other)
- 1 teaspoon oil
- ½ onion sliced
- 1 teaspoon garlic
- 1 teaspoon Dijon mustard
- 1 teaspoon flour
- 1 teaspoon apricot jam or chutney
- Ground Black pepper
- Salt to taste
- Optional: Shredded cabbage.

How to:

1. Light the gel, add oil warm the pot, be patient, it takes about 8 minutes, braise the beef, I did mine in two batches.
2. Remove the beef into a separate bowl. Saute the onion, garlic and tomato together. When onions are soft, add the beef and add beef stock with pepper and salt.
3. Add the potatoes, green pepper and cabbage and allow for cooking, about an hour (refill of gel will be required).
4. Use the juice from the pot to make a paste with the flour, the jam and mustard, mix well (I use my milk froth mixer). This is to thicken the sauce.
5. Cook for another 10 to 15 minutes, ensure potatoes are soft.
6. Dish on rice and enjoy.



Creamy Chicken and Pasta Potjie:

What you need:

- 1 small chicken breasts or deboned chicken thighs (cut in cubes)
- 1 teaspoon oil
- ¼ teaspoon garlic
- ¼ tomato slices (diced)
- 1 to 2 mushrooms (sliced)
- ½ Onion
- 1/8 Green bell pepper (diced)
- ¼ teaspoon dried or freshly chopped parsley
- ¼ teaspoon mixed herbs
- ¼ cup uncooked pasta of your choice (shells or Fettuccine (even 2-minute noodles works well))
- Dash of white wine

- Salt and pepper
- ¼ cup Chicken stock
- 2 tablespoons of cream

How to:

1. Carrots and pumpkin are also options for your potjie.
2. Saute the bell pepper, onion and mushrooms in oil over medium heat, add garlic and fry.
3. Season chicken with salt and pepper and fry until almost cooked through (remember the stock is also salty so taste your food before adding additional salt).
4. Add garlic, tomato, parsley and herbs and cook for 5 minutes. Add you wine and chicken stock -cook for 5 minutes.
5. Add your pasta and let the potjie stew until the pasta is cooked. Lastly add the cream. Simmer for another 5 minutes. Check that your fluids are sufficient to cook the pasta, add water is needed.
6. Tip: remember to taste your potjie and add salt / herbs / cream if needed be.

For spicy consider chillies, hot sauce to taste. For sweet add apricot jam or chutney to taste.



Beef and Vegetable Potjie:

What you need:

- 6-7 pieces of cubed steak, shin or neck
- 1 teaspoon oil
- ¼ teaspoon salt
- Freshly ground black pepper to taste
- ¼ teaspoon garlic
- ¼ onion (diced)
- 1 baby carrot (sliced)
- 2 cauliflower florets
- ½ baby marrow (sliced)
- ¼ teaspoon brown sugar
- 1 tablespoon orange juice

- ¼ cup beef stock
- 30 ml grated cheddar cheese

How to:

1. Cube or slice meat. Heat oil in potjie and brown meat, then season with salt and pepper.
2. Add garlic and onion and saute until onion is transparent. Add vegetables, brown sugar, orange juice and beef.
3. Cover and simmer for 1.5-2 hours or until meat is tender. Just before serving, sprinkle with grated cheese.

Fondo (the secret is to keep it fresh):

What you need:

- Chicken cut in cubes – about 3cm x 3cm (deboned chicken thighs works great).
- Steak cut in cubes
- Pork also an option
- Lamb works great
- Calamari strips (try to avoid crumbed)
- Prawn or Shrimps
- Cocktail Sausages (or any sausage of your choice)
- Potatoes cut in cubes and precooked.
- Carrots cut in cubes and precooked.
- Fresh Mushrooms (crumbed also work fine)
- Green pepper cut into pieces
- Sauces in small dipping bowls (remember the hot sauces).
- Salt and Pepper

How to:

1. Add 300ml of oil in your potjies and light to heat up. Oil will take a bit of time to heat up. About 15 minutes.
2. Place all you fresh ingrediencies, sauces and salt and pepper in the middle of the table.
3. Enjoy



You2Claw Seafood Potjie:

What you need:

- ½ Lobster Tail (you can use fresh fish or any other seafood).
- Pealed Prawns, 6 Large
- Mussels
- Crab Stick
- White Wine
- Fresh Cream
- ¼ teaspoon garlic
- ¼ onion (diced)
- Green pepper
- Optional – Hot Sauce
- Dijon Mustert.
- Herbs (or any spice of your preference)
- Salt and Pepper to taste

How to:

1. Saute the onion in oil and add garlic and green pepper, cook until almost soft.
2. Add the white wine and fresh cream, cook a bit.

3. Time to add salt, herbs, mustard and hot sauce (optional).
4. Now add your seafood meat (prawns and lobster or fish). We leave the crab and mussels for later, they cook fast.
5. When seafood meat is cooked add some more spices of choice with the mussels and crab.
6. Use the juice from the pot to make a paste with the flour (I use my milk froth mixer). This is to thicken the sauce.
7. Cook for another 2 to 5 minutes, then enjoy.



Clean up and care:

Potjie (and first-time use):

- For first-time use, wash the inside of your potjie with a mixture of dishwashing liquid and boiling hot water. Then wipe clean with a paper towel. Your potjie is ready to cook.
- Once used, ensure the potjie is cleaned properly with no food on the inside or outside.
- To store your potjie, thoroughly wash and dry it. Use cooking oil or Spray and Cook. Coat the inside and out of the pot to prevent rust.
- Fill your potjie with scrunched-up newspaper to help absorb any moisture.
- Store in a dry area.”

Potjie Stand:

- For stainless steel and power coated stands just a normal wash and rinse will do.
- Mild Steel Stands:
 - Wash and dry it, apply a small layer of cooking oil or Spray and Cook.

- To store your potjie stand wrap it in newspaper to help absorb any moisture and preventing rust.
- Finally, store in a dry area.”

Gel:

- When using gel, fill potjie burner cups just before use, **to leave it standing before the time will cause some of the fuel to evaporate and difficult to light.**
- We are always comparing different gel types to find the optimal one for making your potjie dishes.
- Below you will find our preference now based on our tests.
- Never fill burner cup beyond the curve, this usually gives you 70ml.



Gel Types:

- LK's BIO-GEL
- Natural Origin Gel Fuel
- DUX Blue-Heat
- Volcanic Gel Fuel

Key Safety Precautions:

- When working with gel fuel, crucial safety precautions include keeping it away from ignition sources and flammables, using it in approved containers on stable surfaces, and **never refuelling a hot or burning burner.**

- Personal Protection: Keep hair, loose clothing, and other combustible items away from the flame (**and servettes**).
- Always extinguish flames with appropriate tools like a snuffer or lid.
- Flammability: Gel fuel is highly flammable and should be kept away from heat, open flames, sparks, and sources of ignition.
- Storage: Store gel fuel in tightly sealed, original containers in a cool, dry place, away from direct sunlight and heat sources, and out of reach of children and pets.
- Placement and Use: Always use gel fuel in containers specifically designed for it, placed on a stable, level surface, and far from combustible materials.
- **Never add fuel to a hot or burning burner pot.**
- Extinguishing Flames: Use a snuffer paddle, regulator, or lid to extinguish the flame, never use hands or blow out the flame.
- Handling and Disposal: Always use approved containers for handling and transport to avoid leaks.
- Wash hands thoroughly after handling fuel and clean up any spills promptly.
- Dispose of spent fuel containers in non-combustible containers after they are completely extinguished and cool.
- Ventilation: Use gel fuel burners in well-ventilated areas.
- Monitoring: Never leave a burning can unattended. **Ensure a fire extinguisher** is nearby in case of emergencies.

Socials:

- The hashtag for your potjie fun is **#potjiefun**, no potjie is complete until your photos posted on social media with this hashtag.
- Also visit our web page for frequent updates – www.you2camp.com.
- Our Facebook Page - <https://www.facebook.com/You2Camp>
- And on Insta - <https://www.instagram.com/you2camp/>
- Or if you prefer X - <https://x.com/You2CampZA>
- Event on TikTok - <https://www.tiktok.com/@you2camp>