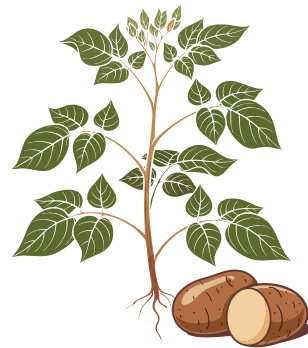




MOTOPI FARM
Taste Of Botswana

A Taste of Botswana's Rich Earth

At Motopi Farm, we believe that every harvest tells a story, a story woven from the land, the dedication of our people, and the spirit of Botswana. Our potatoes, nestled in the life, giving Kalahari soil, are more than just a vegetable. They are a testament to the journey of this land, a land once roamed by wild herds and now carefully cultivated to bring forth nature's bounty.



These aren't just any potatoes. They are Motopi potatoes, grown with pride and a deep respect for the heritage of Botswana. They represent our commitment to quality, to providing farm-fresh goodness that is both wholesome and delicious. As you enjoy them, you're not just tasting a potato, you're experiencing a piece of Botswana's heartland, a "Taste of Botswana" in its truest form.

*Botswana
Premium*

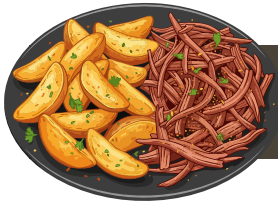




MOTOPI FARM
Taste Of Botswana

Motopi Farm Potato Recipes

Here are a couple of recipes that celebrate the delicious simplicity and versatility of our potatoes.



SESWAA ACCOMPANIMENT HEARTY MOTOPI POTATO WEDGES

Seswaa, Botswana's beloved national dish of slow-cooked shredded meat, pairs wonderfully with rustic potato wedges. This recipe keeps it simple, letting the potato's natural flavor shine.

Ingredients:



4 large Motopi Farm potatoes, scrubbed clean.



2 tablespoons olive oil (or good quality cooking oil)



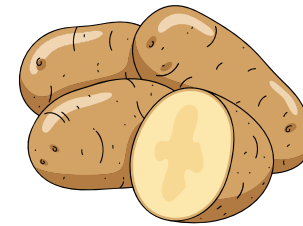
1 teaspoon coarse salt (or to taste)



1/2 teaspoon black pepper (or to taste)



Optional: A pinch of paprika



*Botswana
Premium*



Instructions:



Preheat your oven to 200°C (400°F).



Cut the Motopi potatoes into thick wedges. You can leave the skin on for extra flavour and nutrients, just ensure they are well scrubbed.



In a large bowl, toss the potato wedges with olive oil, salt, pepper, and any optional spices until they are evenly coated.



Spread the wedges in a single layer on a baking sheet.



Roast for 30-40 minutes, flipping them halfway through, until they are golden brown, crispy on the outside, and tender on the inside.



Serve warm as a perfect, hearty side to your Seswaa or any grilled meats.





MOTOPI FARM
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Motopi Farm Potato Recipes



CREAMY KALAHARI POTATO & WILD SPINACH MASH

A comforting and nutritious mash, inspired by the resourcefulness of Botswana cuisine, combining earthy potatoes with the goodness of local greens (if wild spinach isn't available, regular spinach is a good substitute).

Ingredients:



500g Motopi Farm potatoes, peeled and quartered



200g fresh wild spinach (or regular spinach), thoroughly washed



50g butter (or a dairy-free alternative)



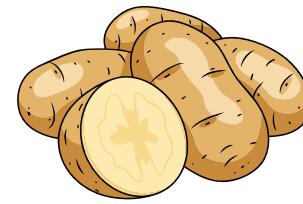
50ml warm milk (or a dairy-free alternative)



Salt and freshly ground black pepper to taste



A pinch of nutmeg (optional)



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Premium*



Instructions:



Place the peeled and quartered Motopi potatoes in a pot, cover with cold salted water, and bring to a boil. Cook for 15-20 minutes, or until tender.



While the potatoes are cooking, if using regular spinach, you can quickly wilt it by steaming it for a few minutes or sautéing it lightly in a separate pan until just softened. If using wild spinach, it might require a bit longer cooking time until tender. Squeeze out any excess water from the cooked spinach and chop it roughly.



Once the potatoes are tender, drain them well and return them to the pot.



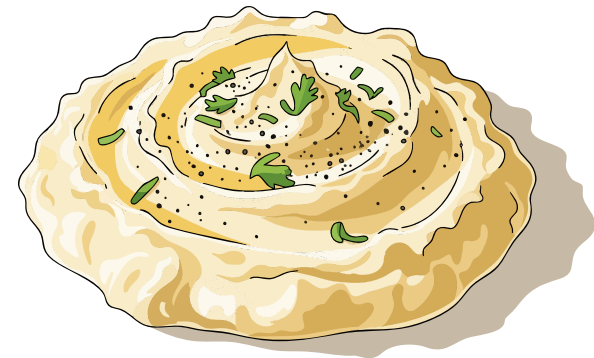
Mash the potatoes until smooth. Add the butter and warm milk, and continue to mash until creamy.



Stir in the chopped spinach, salt, pepper, and optional nutmeg. Mix well until the spinach is evenly distributed.



Taste and adjust seasoning if necessary. Serve hot.





From Botswana

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