

Tasting, Sampling and Sharing with friends

BOBOTIE



This is originally a Malay dish, introduced to South Africa by the workforce brought over to work in the sugar industry. It looks complicated but once you have gathered the ingredients, it takes only a few minutes to assemble them. A cheap meal to prepare and a little different.

Ingredients (serves 6 – 8)

Preheat oven 200c

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| 2 large onions, finely chopped | 2 tbspn butter |
| 1 kg lean mince beef | ¼ cup milk |
| 1 egg, beaten | 1 slice white bread, cubed |
| 8 finely chopped apricots | 1 apple, peeled and grated |
| ¼ cup seedless raisins | 3 tbspn stock |
| 2 tbspn apricot jam (or sugar) | 2 tbspn lemon juice |
| 3 tbspn meat stock | 1 tbspn medium curry powder |
| 15 blanched almonds | 3 garlic cloves, sliced |
| 2 tbspn fruit chutney | 1 tbspn medium sherry |
| salt and pepper to taste | |

Topping – 6 fluid ounces milk, 3 large eggs, salt and pepper and ¼ tspn turmeric.

Method

Sauté the onion and garlic in the hot butter until golden. Add meat and stir with a large fork until the meat loses its redness. Remove from the heat.

In a large bowl, mix together the milk, one egg, bread cubes, mash the bread with a fork. Add the apricots, apple, raisins, almonds, jam, curry and lemon juice, season with salt and pepper and mix until well blended. Add the meat mixture and mix lightly with a fork. This mixture must not be too dry. Add a little more stock if needed. This can be frozen.

Turn into a lightly greased ovenproof dish and spread evenly. Place on top shelf in the pre-heated oven for about 15 minutes or until a crust has formed. In the meantime prepare the topping.

Topping

Beat together the milk, eggs and seasoning and pour this savoury custard over the meat and sprinkle with almonds. Bake at 170c for about 40-50 minutes, until set and a nice golden brown.

Serve with rice, to which you have added a little turmeric powder in the cooking water and a handful of raisins.

Other serving suggestions, sliced bananas, chutney, tomato and cucumber salad, desiccated coconut to sprinkle over the meat.

Lindsay Rushton 27th March 2013