

Bobotie
April / South Africa

Ingredients for the Bobotie
(For 2-4 people)

500 g (2 cups) lean ground beef or lamb
1 large onion, peeled and coarsely grated or chopped
2 cloves garlic, crushed
4 teaspoons medium curry powder
1 teaspoon hot or garam masala
½ teaspoon ground turmeric
½ teaspoon ground coriander
½ teaspoon grated ginger
1 pinch cayenne pepper or chili powder
½ red or green bell pepper, finely diced
1 large green Granny Smith apple unpeeled, finely diced or coarsely grated
2 slices white or brown bread, without crust
125 ml (½ cup) milk
1 teaspoon salt
1 teaspoon baking powder
2 tablespoons apricot jam or fruit chutney (we used Mrs. Balls)
1 tablespoon white vinegar
1 teaspoon beef stock powder

Place the meat, onion, garlic and spices in a larger frying pan and stir-fry over moderate heat until the meat is loose and crumbly. Add the red bell pepper and apple and cook an additional 5 minutes until the meat turns lightly brown.

Pour the milk over the bread to moisten and add to the meat along with all the remaining ingredients. Stir everything together and if necessary season with salt and pepper to taste. Then spread everything into an ovenproof dish.

Topping

2 eggs
½ 125ml milk
¼ teaspoon salt
6 - 8 coarsely chopped cashew nuts
Lemon or bay leaves

Whisk together the ingredients for the topping and pour over the meat. Sprinkle the nuts on top and tuck a few lemon or bay leaves decoratively into the meat.

Bake in the oven at 170°C for about 30 minutes until the topping has set and turned light golden brown.

Geniet jou ete!