

My Global Kitchens

Bobotie

(adapted from Babette's recipe)

Serves 8-10

Ingredients

- 1 large onion, diced
- 1 ½ Tbsp canola oil
- 1 Tbsp paprika
- 1 Tbsp turmeric
- 1 tsp curry powder
- 1 tsp ground ginger
- 1 tsp salt
- ½ tsp cayenne pepper
- 14 oz can of chopped tomatoes
- ½ cup golden or brown raisins
- 2 Tbsp chopped dried apricots
- 2 Tbsp mango chutney
- 1 Tbsp ketchup or chili sauce
- 1 Tbsp red wine vinegar
- 1 Tbsp Worcestershire sauce
- Hot sauce (or Tabasco), 1 dash
- 2 slices bread, cubed
- ¾ cup milk (or rice milk)
- 2 lbs ground chuck
- 3 Tbsp cream or coconut milk
- 4 eggs
- Ground cinnamon, 1 dash
- Vanilla, 1 dash
- 4 bay leaves (for decoration)

Instructions

Preheat the oven to 350 degrees.

Heat the oil in a large sauté pan over medium-low heat. Add the onions and cook until soft, about 5 minutes.

Mix in all the dry spices and cook 2-3 minutes. Add the meat and cook until brown, approximately 8-10 minutes.

Remove from the heat and fold in chopped tomatoes, raisins, dried apricots, chutney, ketchup/chili sauce, vinegar, Worcestershire sauce and hot sauce. Return to the heat, bring to the boil, then gently simmer 2-3 minutes.

Meanwhile soak the bread cubes in the milk for approximately 5 minutes. Squeeze excess milk from the bread by pushing it through a strainer, reserving the milk and add bread to the meat mixture. Add cream to the reserved milk so you have a total of ½ cup.

Cook the mixture until the excess liquid has evaporated, approximately 20-30 minutes.

Transfer the mixture to an oiled oven-proof dish (9 x 13 oval baking dish) and even out the top.

In a bowl, beat together eggs and remaining milk and stir in a dash of cinnamon and a dash of vanilla. Pour the milk mixture over the mince so there is a thin layer of milk covering it.

Decorate with bay leaves, and bake in the oven for 25-30 minutes or until custard is set.

Bobotie is traditionally served with yellow rice which is made using turmeric. I serve it with brown rice and a very simple salad with a savory vinaigrette. This dish is even better reheated the following day.