



Bobotie

Pronounced ba-boor-tea, the national dish of South Africa is a delicious mixture of curried meat and fruit with a creamy golden topping, not dissimilar to moussaka.

Ingredients

- 2 onions, chopped
- 2 T olive oil
- 2 T medium curry powder
- 1 t turmeric
- 2 t fresh ginger finely chopped
- 2 garlic cloves, finely chopped
- 2 T apple cider vinegar
- 1 t sugar
- 1 t sea salt
- 1 t freshly ground black pepper
- 1 kg beef mince
- 1 white bread thick slice
- 250 ml milk
- 3 eggs large
- 3 T fruit chutney
- 50 g flaked almonds
- 3 bay leaves

Method

Preheat the oven to 350°F.

Fry the onion in the olive oil until soft. In a bowl combine the curry power, turmeric, ginger, garlic, vinegar, sugar, salt and pepper and mix. Add to the onion and fry for two minutes.

Add the mince and stir well. Cook for about 5 minutes. In another bowl, soak the bread in the milk, remove the bread and reserve the leftover milk.

Mash the bread with a fork and add one lightly beaten egg and the chutney. Mix well and add to the mince mixture. Stir in the almonds, then transfer the mince to a buttered ovenproof dish. Smooth the top and bake for 1 hour.

Combine the reserved milk and remaining eggs and strain. Pour over the top of the cooked mince. Place the bay leaves on top and bake for 30 minutes, or until the egg has set.