

# Bobotie

Cuisine: African

Category: Meat

Occasion: Lunch, Dinner

Servings:

## Ingredients:

### Meat Mixture

2 lbs mutton (or beef), cooked or raw (ground or chopped)

4 slices white bread, crumbled and soaked

1 cups of milk

2 large onions, chopped

2 tablespoons butter or fat

2 tablespoons curry powder

1 tablespoon sugar (or 2 tablespoons apricot jam)

2 tablespoons lemon juice

2 tablespoons vinegar

1 tablespoon salt

1 tablespoon Worcestershire sauce (optional)

2 tablespoons chutney (optional)

1 eggs

### Topping

4 eggs

1 cup milk

pinch of salt

A few bay leaves

Chopped almonds (optional)

## Instructions:

(South Africa) For those who like lamb, here is a recipe for the most ambrosial, sophisticated yet inexpensive, simple-to-make dish. It is from the cuisine of the Cape, a mixture of African, Dutch, Malay, British, and Mediterranean cultures. Beef may be used instead of lamb. Bobotie is vintage Cape Malay, but it could be thought of as South African moussaka.

Meat Mixture:

To the lamb or beef (leftovers from a roast are excellent), add crumbled bread, which has been soaked in water or milk and squeezed dry. Separately brown onions in butter. Combine meat, crumb mix, browned onions, jam, chutney, Worcestershire sauce, vinegar, lemon juice, salt, curry, and 1 cup milk. Add 1 beaten egg. Place in 8" x 12" (20cm x 30cm) greased baking dish.

Topping:

Beat together 4 eggs and 1 cup milk, add pinch of salt, and pour over mixture. Place a few bay leaves and chopped almonds on top. Bake at 350 F (180 C) for 1 hour.

Serves 8, generously. Serve with yellow rice, raisins, and if possible, a glorious Cape of Good Hope red wine.

Note: To make yellow rice, add a large pinch of turmeric or a small pinch of saffron to the hot steaming rice. Also mix in a handful of sultanas (or raisins) before serving. Submitted by Felice Loebel (Johannesburg, South Africa and Seattle, USA), wife of J. Pierre Loebel.

Submitted by J. Pierre Loebel, USA. IPA Bulletin Volume 17 No. 1, March 2000.