

## Traditional South African Bobotie



14:01

⚙️ :: vimeo

*Bobotie is as typically South African as moussaka is Greek and lasagne is Italian. Its origins are unclear although the word is derived from the Indonesian word "bobotok" – a recipe for this dish appeared in a Dutch cookery book in 1609. Bobotie was introduced to South African cuisine by the Cape Malays but each generation has adapted the dish. This recipe is an adaptation of several recipes from Winning Recipes. The most popular is one from Isabel (surname unknown) whose recipe was published years ago in a Sunday paper and also in Winning Recipes 3 by Annette Human. This is our version.*

Preheat the oven to 180 °C. Grease an ovenproof dish with butter, margarine or nonstick spray.

Heat a large heavy-based pan or saucepan and add the oil. Sauté the onions, garlic and ginger over medium heat until the onions are soft and translucent. Add the spices and sauté for 1 minute more. Add the mince a little at a time and fry until it just begins to brown. Season generously with salt and pepper and add the remaining seasoning, bread, raisins and apple. Heat until the mixture begins to bubble, reduce the heat and simmer for 30 minutes.

Spoon the mixture into the prepared dish. Insert the lemon leaves into the mixture.

**Topping:** Whisk together the milk and eggs and season. Pour over the meat mixture and bake for about 40 minutes or until the topping has set. Leave to stand for 5 minutes before serving.

Serve with yellow rice, chutney and sambals (pg 74).

Serves 6-8.

30 ml (2 T) oil  
3 onions, chopped  
2 garlic cloves, crushed  
15 ml (1 T) grated ginger (optional)  
15 ml (1 T) curry powder  
5 ml (1 t) turmeric  
5 ml (1 t) ground coriander  
2 ml (½ t) ground cumin (jeera)  
5 ml (1 t) ground ginger  
5 ml (1 t) ground cinnamon  
1 kg lean mince  
salt and freshly ground black pepper  
to taste  
30 ml (2 T) lemon juice  
30 ml (2 T) smooth apricot jam  
60 ml (4 T) chutney  
30 ml (2 T) soft brown sugar  
30 ml (2 T) Worcester sauce  
30 ml (2 T) tomato paste  
2 slices white bread, soaked in water  
and mashed  
250 ml (1 c) seedless raisins  
250 ml (1 c) grated apple  
6 lemon or bay leaves

### **Topping:**

500 ml (2 c) milk  
4 eggs, whisked  
salt and freshly ground black pepper  
to taste