

Bobotie

Ingredients

3 tbsp (30ml) oil

½ tbsp. butter

500 g mince (combination of beef and lamb)

2 onions, chopped

2 garlic cloves, crushed

1 cup grated carrot or apple

Spices

2 tsp curry powder

1 tsp coriander

½ tsp ginger

½ tsp dried or 1 tbsp fresh mixed herbs

1 tsp turmeric

½ tsp cinnamon

1 tsp sugar

Pinch of chilli powder or red pepper

Seasoning

1 tsp salt

¼ tsp pepper

1 tbsp white vinegar

2 slices white bread, soaked in chicken stock, then squeezed out and crushed with a fork

2 bay leaves

Topping

1 cup sour cream or buttermilk

½ tsp salt

Pinch of pepper

2 eggs

Instructions

Brown the mince in the oil and butter. Add the chopped onions and stir-fry until cooked. Add the garlic, grated carrot/apple and spices, and simmer for a few minutes until the flavours have developed. Season with salt, pepper and vinegar, to taste. Add the crushed bread and mix well. Transfer mince mix into a prepared baking dish, and top with the bay leaves. Beat the ingredients for the topping together in a mixing bowl, and pour over the bobotie. Bake uncovered at 190°C/350°F for 35 minutes until set and golden brown. Serve with yellow rice, chutney, banana slices and a fresh tomato and onion sambal.