



South African Recipes

"cooking with confidence"

Bobotie

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A lovely traditional meaty dish with a mix of curry and other spices baked with an egg-based topping.

Ingredients

- 2 slices bread (cubed)
- 250ml Milk
- 500g beef mince
- 2 medium onions chopped
- Bit of oil for frying onions
- 30ml Chutney
- 5ml Salt
- 2ml fresh ground pepper
- 10ml Masala Curry
- 5ml fresh ground Coriander
- 2ml fine Ginger
- 5ml Turmeric
- 10ml Sugar
- 10ml White Vinegar or Lemon juice
- 2 eggs

Method

- Soak bread cubes in milk for 15 minutes and drain keeping the milk to one side
- Mix mince and bread
- Braise the onions
- Add mince, chutney, salt and pepper
- Cook slowly until mince is done but still juicy
- Add spices and sugar to vinegar/lemon juice and mix well
- add to cooked mince
- whisk eggs in the milk
- add half of the egg mixture to the mince
- mix everything well and place in an oven dish.
- flatten everything out nicely
- pour over the rest of the milk/egg mixture
- Bake for 45 minutes at 180⁰c

