

BOBOTIE

A lovely blend of flavours accounts for the popularity of this well-known Cape Malay dish. Using ground mutton instead of beef will result in a coarser texture. Mutton mince should be browned with the onions before mixing it with the rest of the ingredients.

Serves 6-8

Soak bread in 250-300 ml/1-1¼ cups water. Fry onions in oil and butter until just transparent. Keep aside.

Place all other ingredients except bread, lemon leaves, milk and egg in a large bowl and mix. Add fried onions in oil to mixture.

Squeeze water from bread, add bread to meat and mix well. Spread in a greased ovenproof dish.

Roll lemon leaves into spikes and insert into the mixture. Bake at 180°C/350°F for 30 minutes. Substitute bay leaves for lemon leaves if you have difficulty finding lemon leaves, but then use only 2.

Lightly beat eggs and milk together and pour over meat. Bake until egg mixture has set.

Serve with yellow rice and blatjang.

2 thick slices of stale white bread
15 ml (1 tbsp) vegetable oil
50 ml (4 tbsp) butter

2 large onions, chopped
800 g (1¾ lb) beef mince
3 cloves garlic, crushed
15 ml (1 tbsp) masala
5 ml (1 tsp) turmeric
10 ml (2 tsp) ground cumin
10 ml (2 tsp) ground coriander
3 cloves & 5 allspice
2 ml (½ tsp) peppercorns
125 ml (½ cup) sultanas
60 ml (¼ cup) flaked almonds
25 ml (2 tbsp) chutney
salt and freshly ground black pepper
6-8 lemon leaves
250 ml (1 cup) milk & 2 eggs, beaten