

BABOTIE RECIPE

Lovely Cape Malay – South African dish consisting of a delicious mixture of curried meat and fruit with a creamy golden topping. Using ground mutton instead of beef will result in a coarser texture. Mutton mince should be browned with onions before mixing it with the rest of the ingredients.

Serves 6

Ingredients:

- 2 slices of stale white bread
- 2 onions (chopped)
- 25gr butter or Ghee
- 2 garlic cloves (crushed) (Available In-Store)
- 1kg packet lean minced beef / Atlas Soy Mince
- 2 tbsp Atlas Leaf Masala
- 1 tsp Atlas mixed herbs
- 3 Atlas cloves
- 5 Atlas allspice
- 2 tbsp peach or mango chutney (Available In-Store)
- 3 tbsp Atlas sultana
- 6 Atlas bay leaves

For the topping

- 300ml full-cream milk
- 2 large eggs

Method

- **STEP 1:** Heat oven to 180C. Pour cold water over the bread and set aside to soak.
- **STEP 2:** Meanwhile, fry the onions in the butter, stirring regularly for 10 mins until they are soft and starting to colour. Add the garlic and beef and stir well, crushing the mince into fine grains until it changes colour. Stir in the Atlas Leaf Masala, herbs, other spices, chutney, sultanas and 2 of the bay leaves with 1 tsp salt and ground black pepper.
- **STEP 3:** Cover and simmer for 10 mins. Squeeze the water from the bread, and then beat into the meat mixture until well blended. Tip into an oval ovenproof dish. Press the mixture down well and smooth the top. You can make this and chill 1 day ahead.
- **STEP 4:** For the topping, beat the milk and eggs with seasoning, then pour over the meat. Top with the remaining bay leaves and bake for 35-40 mins until the topping is set and starting to turn golden.
- Serve with yellow rice & blatjang (Chutney)