



CS Bobotie

Bobotie – hearty and comforting South African dish made primarily of curried minced meat topped with milk and egg mixture and baked to perfection. Easy, tasty dish with punchy yet on point flavors!

Source: adapted from africanbites.com

Bob and Robin young *The Captains Shack*

27 April 2021 **PDF:** CS-Bobotie.pdf **Prep:** 30 min **Cook:** 1 hr 10 min **Total:** 1 hr 40 min

Ingredients:

2 T unsalted Butter
2 med Onions, finely diced
1 T minced Garlic
1 c unflavored Bread Crumbs
½ c whole Milk
3 T Curry Powder
2 t Turmeric
2 t ground Cumin
1 t Coriander
1½ lbs lean ground Beef or Lamb
1½ T each dried herbs, Thyme, Basil, Oregano
2 med Apples, grated
½ c Fruit Chutney or Apricot Jam
10 dried Apricots julienned
¼ c each Golden Raisins and Dried Raisins
1 Lemon Juiced and Zest
1 T Worcestershire sauce

Ingredients -Savory egg Custard topping:

3 lg Eggs
6 Bay Leaves
½ c Heavy Cream
½ c whole Milk
Celtic Sea Salt and fresh ground Tellicherry Black Pepper to taste

Directions:

Pre-heat oven at 350° F/180° C.

In a medium bowl, mix together milk and bread crumbs to soften it. Set aside.

Lightly grease a 9×13-inch baking dish, or a cast iron.

Heat up a large saucepan or large skillet over medium heat, then add butter until melted, followed by onions and garlic. Sauté for about 3 minutes just until soft and fragrant.

Next stir in the spices: curry powder, turmeric, ground cumin, coriander and dried herbs.

Add ground beef or lamb and herbs stirring constantly to break it up, cook until beef or lamb is no longer pink or slightly brown. Remove from the stove. Add to a bowl, followed by bread crumb mixture, apricot jam, julienned apricots, grated apple, lemon juice and zest, and Worcestershire – add the raisins. Season to taste with salt and pepper.

Add beef mixture into greased casserole dish or cast iron pan. Using a spoon press the beef mixture down. This helps keep the eggs mixture afloat and forms a nice custardy top when baked,

Bake in the oven for around 40-50 minutes.

While bobotie is baking, mix together eggs, cream, milk and a $\frac{1}{4}$ teaspoon of turmeric. Take the meat out of the oven, pour the eggs mixture over the beef. Arrange the bay leaves on top of it.

Bake for another 20 minutes (start checking after 15 minutes) or until the egg mixture has set.

Remove and let it rest for a few minutes then serve with yellow rice and vegetables.

To make the Yellow Rice:

Prepare the rice, 1 cup rice to 2 cups liquid. Add $1\frac{1}{2}$ T turmeric to the rice water. Bring to a boil. Reduce heat to low. Cover and do not disturb. After 15 min check for doneness.

