

Bobotie – Tom Stephens (pronounced ba-bootie)

Preamble

This recipe is enough for 8 servings split between 2 foil pans (one for the freezer) or if you are making for all 6-8 servings together, then make in one big pan. A long time family favourite.



Ingredients for the Bobotie	Measure	6-8 Servings	3-4 Servings
Minced Beef or Lamb	Kg	1	1/2
Onions peeled and chopped (not too fine but not big chunks)	Large	2	1
Garlic, crushed	Clove	2	1
Bay Leaves		2	1
Mustard seeds, turmeric and garam masala (available most good grocery stores e.g. Loblaws)	Tsp	1 each	½ each
Curry powder	Tbsp	2	1
White wine vinegar	ml	120	60
Brown sugar	Tbsp	2	1
Bread crumbs	Gm	30	15
Almonds, flaked	Gm	50	25
Raisins	Gm	50	25
Chutney	Tbsp	4	2
Eggs, large		2	1
Milk, any	ml	250	125

Bobotie – Tom Stephens (pronounced ba-bootie)

Instructions

- Heat oil in frying pan
- Cook meat till it is brown and crumbly
- Remove with slotted spoon and keep aside
- Gently sweat the onions in the same pan till softened, add the spices and garlic and stir well
- Return meat to pan
- Add vinegar and brown sugar, stir well and allow to simmer for 10 minutes
- Add breadcrumbs, almonds, raisins and chutney. Stir well and season with salt and pepper
- Place into 2 square baking foils 8" X 8". Press down firmly with back of a spoon. Reserve one foil for the freezer as this recipe is a good freezer meal. Do not put the egg mixture on this one until you thaw it before cooking.
- Beat together eggs and milk and pour over the meat mixture in the 2nd foil.
- Place bay leaves on top
- Bake in a 375F oven for 30 mins or until egg mixture has set well.
- Serving

Serve with yellow rice with raisins, a tomato and onion salad and a bowl of chutney

Bobotie – Tom Stephens (pronounced ba-bootie)

Ingredients for the Rice	Measure	6-8 Servings	3-4 Servings
Basmati rice, uncooked	Cup	1	½
Tumeric	Tsp	1	½
Cinnamon	Stick	1	½
Raisins or Sultanas	Cup	½	¼
Butter	MI	10	5

Instructions

- Place rice, turmeric, cinnamon and salt into saucepan
- Cook according to instructions on rice package (usually 1 cup rice, 2 cups water)
- When tender and all moisture absorbed, add raisins and remove cinnamon stick.
- Fluff rice with butter