



## South Africa

### **Bobotie (pronounce ba-bo-tea)**

*Classic comfort casserole – rich, savory, spicy, aromatic African flavors*

- 3 slices white bread, torn in pieces
- 1 cup + 1/2 cup whole milk, divided
- 2 tablespoons olive oil
- 1 large onion, chopped
- 4 teaspoons mild or medium curry powder
- 1 teaspoon your favorite dried herbs (I used Italian herbs)
- 1 teaspoon ground cumin
- 1/2 teaspoon ground turmeric
- 1 large garlic clove, finely chopped
- 1-1/2-pound ground beef or plant-based beef substitute
- 1/2 cup mild fruit chutney
- 1 tablespoon apricot jam
- Zest and juice of one medium lemon, divided
- 4 teaspoons tomato paste
- Salt and pepper
- 2 large eggs
- Garnish: 4 bay leaves, thin strips fresh tomato, purple cabbage

### **Cook Ground Meat:**

- Preheat your oven to 350°F.
- Soak bread in 1 cup of milk.
- Heat the oil in 11-inch iron skillet over medium heat. Add onions, cook until soft.
- Add curry powder, mixed herbs, ground cumin, turmeric, and garlic, stir constantly, allow to cook a minute or two until garlic softens.
- Add ground beef, continue to cook on medium heat, stir frequently, breaking up any big chunks, until browned.
- Once beef is browned, remove skillet from heat, stir in chutney, apricot jam, lemon zest, half the lemon juice, tomato paste, salt, and pepper to taste. Mix well, taste, adjust flavors as desired.

### **Custard Topping:**

- Squeeze milk from bread, reserve milk; set aside.
- Mix squeezed bread into beef mixture, spread evenly into bottom of cast iron pan, or use an oven-proof dish.
- Strain the reserved milk into a medium sized bowl, add remaining 1/2 cup milk. Beat in eggs, season with 1/4 teaspoon salt and pepper or to taste. Pour egg mixture over the meat, and decoratively scatter bay leaves, tomato strips or small cabbage piece on top.
- Bake, uncovered in oven at 350°F for 45 minutes, or until golden brown. Serves 4 to 6

**Cook's Note:** I used a plant based beef for the ground beef and needed to add additional oil and some water to the ground plant beef. I also used mild fruit chutney but spicy can be substituted. I added some additional garnish and served it with a kohlrabi rice salad with chopped radishes, seeded chopped tomatoes, and shredded red cabbage.

**Recipe adapted from:** Rebecca Bourhill, Author see:

<https://tasteoftheplace.com/bobotie/>

**About the Recipe:** Bobotie is ground meat that is spiced with curry, turmeric, cumin, garlic, herbs, salt, and black pepper. Some recipes add raisins. It is baked, topped with an egg, milk custard and garnished with bay leaves or as desired.

### **History of Bobotie:**

Bobotie's roots in South Africa date back to the 17th century. Dutch traders set up camp in the area that is now Cape Town as a stopping point on their journeys back and forth to Indonesia. The traders brought spices, cooking techniques, and recipes with them. It appears that the original bobotie recipe was adapted to fit the ingredients that were available. Today many consider bobotie to be the national dish of South Africa.

For More Information See:

<https://tasteoftheplace.com/bobotie/>