

Bobotie

Pronounced ba-boor-tea, the national dish of South Africa is a delicious mixture of curried meat and fruit with a creamy golden topping, not dissimilar to moussaka

Ingredients

- 2 onions
- 2 slices of bread
- 25g butter
- 2 garlic cloves
- 1 packet of minced beef
- 2 tablespoons of hot curry powder/paste
- 1 tsp mixed herbs
- 3 cloves (school)
- 1 teaspoon of allspice (school)
- 2 bay leaves (school)
- 3 tablespoons sultana/apricots or other dried fruit

2 tablespoons Chutney or pickle

For the topping

2 large eggs and 300ml full-cream milk

Method

1. Heat oven to 180C/fan 160C/gas 4. Pour cold water over the bread and set aside to soak.
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 curry paste, herbs, spices, chutney, sultanas and 2 of the bay leaves with 1 tsp salt and plenty of ground black pepper.
3. Cover and simmer for 10 mins. Squeeze the water from the bread, then beat into the meat mixture until well blended. Tip into an oval ovenproof dish (23 x 33cm and about 5-6cm deep). Press the mixture down well and smooth the top. You can make this and chill 1 day ahead.
4. For the topping, beat the milk and eggs with a little salt and pepper, then pour over the meat. Top with a bay leaf and bake for 35-40 mins until the topping is set and starting to turn golden.

