



Food for Thought

A Life in Four Courses

Bobotie



“A traditional dish that my mum made growing up for us is called bobotie which is an Afrikaans South African dish made of meat, sweet raisins, almonds and an egg yolk topping. It sounds like a bizarre mix of ingredients but it is common for South African food to combine meat and fruit; sweet and savoury together. One of my favourite memories of growing up is enjoying bobotie together at the dinner table.”

JESSICA EATON, FOOD FOR THOUGHT PARTICIPANT

Ingredients

1kg minced beef or mutton	3 eggs
1 medium onion finely chopped	250ml milk
½ cup seedless raisins (optional)	25ml lemon juice
½ cup blanched almonds (optional)	2 teaspoons curry powder
1 tablespoon of apricot jam	1 teaspoon turmeric
12.5ml fruit chutney	2 lemon or bay leaves
4 slices of white bread	2 teaspoons of salt
2 teaspoons butter or oil	

Method

Soak the bread in 125ml milk.

Squeeze to remove the milk and mix it with the minced beef.

Mix in all the other ingredients except the butter/oil, eggs, milk and leaves.

Melt the butter or heat the oil in a frying pan and brown the meat mixture lightly in it then turn it out into a casserole dish.

Beat the eggs and the rest of the milk together and pour over the meat.

Garnish it with the leaves.

Bake in the oven at 180°C (350°F) until set, about 50 minutes.

Original recipe source: The Complete South African Cookbook by Magdalena Van Wyk

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