



SOUTH AFRICAN

Bobotie

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	6	25 min	1 hr 5 min	Bake	Ground beef

Ingredients

MEAT

- 700 g (1½ lb) ground beef
- 2 tbsp vegetable oil
- 2 onions, finely chopped
- 3 cloves garlic, minced
- 2 tbsp mild curry powder
- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 slice white bread, soaked in 120 ml (½ cup) whole milk
- 2 tbsp apricot jam or chutney
- 2 tbsp white wine vinegar or lemon juice

MEAT (CONT.)

- 50 g (⅓ cup) raisins or sultanas
- 40 g (⅓ cup) flaked almonds
- 1 tsp salt, ½ tsp pepper
- 4 bay leaves

CUSTARD TOPPING

- 2 eggs
- 240 ml (1 cup) milk: the reserved soaking milk, topped up with fresh whole milk
- ¼ tsp salt
- Yellow rice and chutney, to serve

Steps

1. Heat the oven to 180°C (350°F). Cook the onions in the oil in a large pan over medium heat for 8 minutes until soft and golden. Add the garlic and spices and stir for 1 minute until fragrant.
2. Add the beef, turn the heat to medium-high, and cook for 7 minutes, breaking it up, until no pink remains; ground beef is safe at 71°C (160°F).
3. Squeeze the milk out of the bread (keep the milk) and mash the bread into the meat.
4. Stir in the jam, vinegar, raisins, almonds, salt and pepper. Cook 3 minutes until thick and glossy.
5. Spoon the mixture into a greased 2 litre (2 qt) baking dish and press down firmly to level it. Tuck 2 bay leaves into the top.
6. Top the reserved milk up to 240 ml (1 cup) with fresh milk, whisk in the eggs and salt, and pour it evenly over the meat. Lay the remaining bay leaves on top.
7. Bake for 35 to 40 minutes until the custard is set and lightly golden with a faint wobble. A thermometer in the meat should read 71°C (160°F).
8. Rest 10 minutes. Serve with yellow rice and chutney.

Notes

- **Make ahead:** the meat base keeps 2 days; add the custard just before baking.
- **Spice level:** use hot curry powder if you like more heat.
- **Other cuts:** ground lamb is the classic alternative.
- **Pair with:** a fresh tomato and onion sambal, to cut through the sweet, spiced richness.