



## *Traditional South African Bobotie with Fragrant Yellow Rice*



### **Ingredients, Bobotie:**

- 1 – 1 ¼ lb lean ground beef
- 1 large onion, peeled and coarsely grated or chopped
- 2 cloves garlic, crushed
- 4 tsp medium curry powder
- 1 tsp hot or additional medium curry powder or garam masala
- ½ tsp turmeric
- 1/2 tsp ground coriander
- ½ tsp ground ginger
- ½ tsp mixed dried herbs
- pinch cayenne pepper or chilli powder
- ½ red or green pepper, finely diced
- 1 large Granny Smith unpeeled green apple, finely diced or coarsely grated
- 2 slices white or brown bread, crusts removed
- ½ cup milk
- 1 tsp salt
- 1 tsp baking powder
- 2 tbsp apricot jam or fruit chutney (I used Mrs. Balls)
- 1 tbsp white vinegar
- 1 tsp beef stock powder (or one sachet of stock concentrate)

### **Ingredients, Yellow Rice:**

- 3 tablespoons butter
- 1 cup long-grain white rice
- 1 teaspoon fresh minced garlic
- 1 teaspoon onion powder or dried minced onion
- 1 teaspoon ground turmeric
- 2 cups chicken broth
- ½ teaspoon Kosher salt or to taste
- ground black pepper to taste
- 2-3 tablespoons fresh cilantro chopped

**Method, Yellow Rice:**

1. Heat butter in a large saucepan over medium heat.
2. Add the rice and gently stir until rice begins to lightly brown.
3. Add garlic, onion powder, and turmeric and stir until well mixed in.
4. Slowly stir in chicken broth and raise heat to medium-high. Add salt and pepper to taste.
5. Bring the mix to a boil then turn the heat to low and cover the pan with a lid.
6. Simmer for 20 to 25 minutes. Remove from heat and add cilantro, and fluff with a fork.

**Method, Bobotie:**

1. Place the meat, onion, garlic, and spices in a larger non-stock frying and stir-fry over moderate heat for about 5 minutes or until the meat is loose and crumbly.
2. Add the red pepper and apple and cook 5 minutes more until meat is lightly browned.
3. Pour the milk over the bread to moisten, and add this to the meat together with all remaining ingredients. Mix to combine, adjust seasoning to taste and spoon into an ovenproof dish of a suitable size, or divide between individual ovenproof ramekin dishes. Smooth the top.
4. Beat together the ingredients for the topping and pour over the meat. Scatter the nuts over the top and stick a few lemon or bay leaves decoratively into the meat.
5. Bake at 350F for about 30 minutes for the large dish or 20 minutes for the ramekins or until the topping has set and turned light golden brown.

**Notes:** Loosely cover the dish with a piece of foil to prevent over browning if necessary.