

## Bobotie

Pronounced *ba-boor-tea*, this dish is a South African classic. Derived from similar Indonesian dishes, recipes for bobotie can be found dating back to the beginning of the 17<sup>th</sup> century.

As with most dishes that have survived the test of time, there are a million variations on the basic theme which is sautéed meat and fruit flavored with pungent spices and bound together in an egg and cream custard.

This particular recipe is adapted from one published by [Ina Paarman](#) many years ago and is absolutely delicious. Expect no leftovers. Many thanks for J. Lionne for the pointer to this dish. Serves 6.

### Ingredients

2 Tbs vegetable oil  
½ Tbs butter  
1 pound lean ground lamb  
2 cups chopped onion  
2 cloves garlic, crushed and minced  
1 cup grated apple

2 tsp curry powder  
1 tsp ground coriander  
½ tsp ground ginger  
½ tsp dried fines herbes (mixed parsley, chives, tarragon, and chervil)  
1 tsp turmeric  
½ tsp ground cinnamon  
1 tsp sugar  
¼ tsp cayenne

1 tsp salt  
¼ tsp ground black pepper  
1 Tbs white wine vinegar  
2 slices of white bread, soaked in water, lightly squeezed, and mashed  
2 bay leaves

½ cup sour cream or yoghurt  
½ cup whipping cream  
½ tsp salt  
¼ tsp black pepper  
2 eggs

### Technique

1. Stir-fry the lamb in the oil and butter until loose and crumbly. Add the chopped onion and fry until limp and glazed. Add the garlic, grated apple, and spices (up to and including the cayenne). Continue cooking for 1-2 minutes, stirring to mingle flavors.
2. Season with salt, pepper, and wine vinegar to taste. Add softened, mashed bread slices.

3. Spread the mix into a flat oven-proof dish. Tuck the bay leaves into the mixture.
4. Beat the remaining ingredients together in a bowl with a fork. Pour the topping over the lamb and spread evenly.
5. Bake uncovered for 35 minutes at 375°F, or until the topping is firm and golden brown.
6. Serve with yellow rice, chutney, and a mix of diced onions and fresh tomatoes.