

Bobotie with Cucumber and Yogurt Sambal



Bobotie (Afrikaans: [bə'buəti]) is a well-known South African dish consisting of spiced minced meat (beef, lamb, or turkey) baked with an egg-custard topping. A true comfort food always served with yellow rice called geelrys. The recipe for this curried “meatloaf” casserole was imported to South Africa from Indonesia in the 17th century and was adapted by the Cape Malay community. The origin of the name bobotie is disputed, however the Afrikaans etymological dictionary claims that probable origin comes from the Malayan word *boemboe*, meaning curry spices. The first recipe for South African bobotie appeared in a Dutch cookbook back in the early 1600s. Sambal is typically served alongside.

Text and Image courtesy of the DBE Colorado 2021 Calendar

Bobotie

Ingredients

- 1 large onion, finely chopped
- 1 Tablespoon oil
- 2-3 teaspoons curry powder
- 1 teaspoon turmeric
- 1 Tablespoon apricot jam or sugar
- 2 Tablespoons apple cider vinegar
- 2 Tablespoons fruit chutney
- ¼ cup golden raisins
- 1½ pounds ground beef, lamb, or turkey
- 2 slices of bread, crusts removed, soaked in ½ cup water
- 1 egg beaten with ½ cup milk
- Salt and pepper to taste
- 5 fresh bay or lemon leaves (can be omitted)
- 1-2 Tablespoons sliced almonds
- ½ cup milk combined with 1 beaten egg, seasoned with salt and pepper to taste

Directions

1. Preheat oven to 350° F.
2. Sauté onions in hot oil until golden brown. Add curry and turmeric and cook for a minute.
3. Turn off heat and add jam or sugar, vinegar, chutney, and golden raisins to this mixture.
4. Place ground meat in a large bowl. Squeeze excess water out of bread and crumble over the meat.
5. Add onion and spice mixture, then add the egg and milk mixture. Season with salt and pepper and mix well.
6. Place mixture in a greased shallow 2-quart baking dish and smooth top. If using bay or lemon leaves, roll up leaves and insert them in an upright position. Scatter the almonds over meat mixture.
7. Bake for 45 minutes.
8. Remove from oven and pour off any fat that has accumulated. Add the beaten egg/milk mixture and pour over the hot meat.
9. Return to oven and bake another 15-20 minutes, until custard has set.
10. Serve with yellow rice, chutney, cucumber, and yogurt sambal or a tomato salad.

Cucumber and Yogurt Sambal

Ingredients

- 1 cup yogurt
- ¼ - ½ English cucumber, grated
 - 2 Tablespoons chopped fresh mint
- Salt to taste
- Fresh chili pepper, chopped, to taste

Directions

1. Mix all the ingredients together. Serve chilled.