

bobotie

serves 4



This South African dish is wonderful served with plain basmati rice, a tossed green salad and some fruit chutneys. Depending on whether you are serving adults and/or children, use Mild, Medium or Hot Curry powder.

ingredients

1 thick slice of good white bread

125ml / 4 fl oz milk

15g / 1/2 oz butter

1 tbsp olive oil

1 medium onion, peeled, chopped

1 fat garlic clove, peeled, chopped

500g / 1 lb 2 oz minced beef

1 level tbsp curry powder

2 tbsp apricot jam

2 tbsp wine vinegar

2 heaped tbsp raisins

2 medium free-range eggs



method

Soak the bread in half the milk, leaving for 5 - 10 minutes.

Heat the butter and oil in a saucepan and gently fry the onion and garlic for a couple of minutes then increase the heat and add the mince. Brown all over, stirring. Lower the heat and add the curry, jam, vinegar and raisins and some salt and pepper. Tip in the bread (which will have soaked up all the milk) and stir well then tip into a 1.2 litre (2 pint) buttered ovenproof dish.

Beat the eggs with the remaining milk and some salt and pepper and pour over the meat mixture. Bake in a preheated oven (170C / 325F / Gas 3) for about 50 minutes or until set and golden brown. Serve hot with rice.

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