

## Bobotie and Yellow Rice

Submitted by Yvette Steyn



*This is a delicious South African recipe usually made with ground beef, but I've found that ground pork, turkey or even plant-based meat substitutes work well. When I grew up, "curry and rice" automatically meant curried ground beef and yellow rice with chutney. The first time I was exposed to any other kind of curry, was at age 20. It includes Mrs. Ball's Chutney, which is a sauce you can sometimes find at Publix and definitely South African stores online. It also appears sometimes in the British section of international stores. I cannot live without chutney. I put it in just about everything. If you cannot find it for this dish, make sure to add some sugar instead. Since moving to the US, bobotie became more important to me because it tastes like home. It's the main Afrikaans dish that stands out and can be made here. I always make this when I go to a potluck where people bring multi-cultural food. So far, everyone said they loved it. It typically contains raisins, but I usually make it without. Many people prefer it that way.*

**Ingredients:** 2 onions, chopped 1 large garlic clove, crushed 1 large green pepper, chopped 1 carrot, grated 1 Granny Smith apple, grated 2 tbs oil or butter, 500g ground beef (bit more than a pound) - Ground pork or turkey work well too, 2 slices of bread, 1 cup milk, 2 eggs, 1 tbs curry powder, 1tsp turmeric, 1tsp fine cinnamon, 0.5 tsp ground coriander (NOT cilantro - coriander is the seed, cilantro is the fresh plant), 0.5 tbs sugar, 2tsp salt, 0.5 tsp pepper, 2 tbs vinegar, 0.5 cups seedless raisins (optional), 3tbs Mrs. Ball's Chutney (often available at Publix in the international section), 4 bay leaves

**Directions:** 1. Preheat the oven to 180 C (352 F) 2. Fry the onion, garlic, green pepper, carrot and apple in oil until slightly brown. If raw ground meat is used, brown it slightly separately. 3. Soak the bread in milk and squeeze the milk out. Keep the milk separate and break the bread up. 4. Mix the meat with all the ingredients, except half a cup of the remaining milk, 1 egg and the bay leaves. 5. Place in a casserole and level it. Roll the bay leaves up and place upright in the mixture. 6. Bake for 1 hour if raw meat was used, or 30 minutes if cooked meat was used 7. Beat the egg, a pinch of salt and the milk together. Pour over the meat 20 minutes before it comes out of the oven. 8. Serve with rice and more chutney. For the yellow rice, cook rice as you normally do, but add some turmeric and a stick of cinnamon when you boil your rice. You can also add some raisins while boiling.