

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Bobotie

Ingredients Serves 6

2 slices white bread, thinly sliced	3 cloves
2 onions, chopped	5 allspice berries or ½ tsp allspice powder
25g butter	2 tbsp mango chutney
2 garlic cloves, crushed	3 tbsp sultanas (not raisins as these are too sweet)
1 kg lean minced beef	6 bay leaves
2 tbsp Madras curry paste	
2 tsp fresh mixed herbs or 1 tsp dried	

Topping

150ml milk
150ml plain unsweetened yoghurt
2 eggs
1 tsp turmeric powder

Method

Heat the oven to 180°C/gas 4. Pour cold water over the bread to almost cover and set aside to soak.

Meanwhile fry the onions in the butter, stir until they are soft and starting to colour. Add the garlic and beef and stir well breaking the mince up as you go until it starts to colour. Stir in the curry paste, herbs, spices, chutney, sultanas and 2 of the bay leaves. Add salt and black pepper to taste.

Cover and simmer for 10 minutes. Squeeze the water from the bread, then beat into the meat mixture until well blended. Pour the mixture into an oval ovenproof dish 23cm x 33cm and 5-6cm deep. Press the mixture down well and smooth the top.

Topping

Beat the milk, yoghurt and eggs together. Add the turmeric and salt and black pepper to taste. Pour over the meat. Top with the remaining bay leaves and bake for 35-40 minutes until the topping is set and starting to colour.

Serve with a large salad and yellow rice*.

Per portion

Kcals 386

Fat 16g

Carbs 20g

Protein 43g

*Rice cooked with onion, olive oil, turmeric, garlic powder, black pepper, and salt.