

Bobotie

Loosely based on a Gourmet magazine recipe.



A kind of South African Curried Beef (or lamb) Meatloaf

- 1 slice bread, fresh, chopped finely
- 1/3 cup milk
- 1 medium onion, thinly sliced in rings
- 1/2 small Granny Smith apple, peeled, cored, finely chopped, optional
- 1 teaspoon salt
- 1 1/2 tablespoons unsalted butter
- 3 tablespoons raisins, minced
- 2 tablespoons slivered almonds
- 1 1/2 tablespoons curry powder, preferably Madras
- 1/2 teaspoon sugar
- 2 large eggs
- 1 pound ground beef, or lamb, not lean
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon lemon zest
- 1/8 teaspoon black pepper, freshly ground
- 3 whole lemon leaves

Serving Ideas: Serve with rice and a fruit chutney.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 5

It's necessary for the onion and apples to be cut very small, otherwise the meatloaf falls apart when served.

1. Make sure bread crumbs are very small. Remove crusts, then cut and chop, if necessary. Soak bread crumbs in milk in a small bowl until very soft, about 15 minutes, then drain by squeezing lightly, pressing to remove excess milk. Save milk.
2. Preheat oven to 350 and set rack in the middle. Butter a baking dish - flatter is better than taller.
3. Place sliced onions in a small frying pan with about 2 T. of water and simmer until onions are moderately limp. Pour off water, then pour out onto a cutting board and MINCE onions until they're diced. In same frying pan melt butter and add diced apple and onions. Saute until both onions and apples are fully cooked, but not longer. Set aside to cool while you prepare the meat.
4. In a large bowl combine the ground meat, raisins, almonds, salt, curry powder, lemon zest, sugar and one egg. Then add the bread cubes and the onions/apple mixture and gently combine. Add the lemon juice sprinkled all over the meat. Place meat mixture in pan and pat down just so it reaches corners. (It's preferable if the meat is not totally mashed flat - some peaks and valleys are good.) Roll lemon leaves into long cylinders and stick each into the meatloaf, standing upright.
5. Bake meatloaf for 30 minutes.
6. Just before the end of the baking time, combine the remaining milk and the remaining egg. Mix until thoroughly combined, then pour over the meatloaf. Return to oven and continue baking for another 15 minutes until the custard is set.

Per Serving (excluding unknown items): 426 Calories; 33g Fat (68.4% calories from fat); 20g Protein; 14g Carbohydrate; 2g Dietary Fiber; 174mg Cholesterol; 554mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.