



Frans's Prizewinning Bobotie

READY IN



85 min.

SERVINGS



6

CALORIES



468 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almonds split (more than)
- 1 tablespoon apricot preserves
- 8 bay leaves (or use lemon leaves)
- 2 slices bread sliced
- 2 teaspoons butter
- 2 tablespoons curry powder fresh (, not too strong)
- 3 eggs
- 3 garlic clove chopped
- 2 lbs ground beef lean

- 1 teaspoon juice of lemon
- 1.5 cups milk
- 2 tablespoons mint-cilantro chutney spread shopping list fruity (this would be a chutney like Mrs Balls or Wellingtons)
- 2 tablespoons olive oil
- 2 medium onion finely chopped
- 0.3 cup raisins (more than)
- 2 teaspoons salt
- 1 tablespoon turmeric
- 5 teaspoons red-wine vinegar (we use a brown grape or wine vinegar)
- 1 tablespoon worcestershire sauce

Equipment

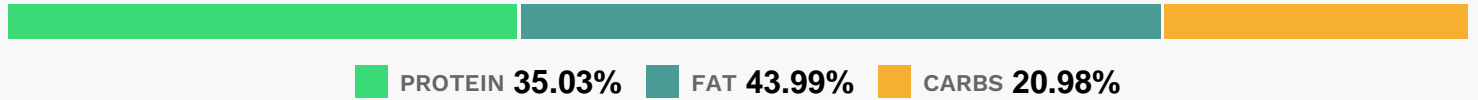
- frying pan
- oven
- stove

Directions

- Preheat oven to 375 deg F/ 180 deg Celsius. Break up the bread and soak in the milk.
- Heat oil and butter in a pan, and fry the onion and garlic until tender and transparent.
- Add the curry powder and apricot jam (jelly) and mix well.
- Add the chutney, vinegar, lemon juice, Worcestershire sauce, and HALF the turmeric. Press the milk from the bread, keeping the milk.
- Add the bread to the mixture in the pan and mix in well. (Break up lumps).
- Add the ground beef, raisins, splintered almonds and salt.
- Mix well, and fry over low heat until the meat just starts changing colour.
- Remove pan from stove. Beat 1 egg and mix into the meat mixture.
- Put the mixture into a suitable, greased oven dish. Arrange the bay or lemon leaves in top, or push in halfway. Beat the 2 leftover eggs with the rest of the turmeric, and the milk you saved from the bread.

- Pour this carefully over the bobotie.
- Put the bobotie into a larger dish, and pour warm water into the outer dish, to fill it about 2/3rds full.
- Bake for 1 hour.
- Serve with traditional Yellow Rice with Raisins.

Nutrition Facts



Properties

Glycemic Index:47.08, Glycemic Load:7.88, Inflammation Score:-10, Nutrition Score:26.31652172752%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg, Isorhamnetin: 2.05mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg, Quercetin: 7.51mg

Nutrients (% of daily need)

Calories: 467.99kcal (23.4%), Fat: 22.84g (35.14%), Saturated Fat: 7.38g (46.1%), Carbohydrates: 24.51g (8.17%), Net Carbohydrates: 20.99g (7.63%), Sugar: 7.31g (8.12%), Cholesterol: 186.49mg (62.16%), Sodium: 1115.07mg (48.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.93g (81.85%), Vitamin B12: 3.91µg (65.25%), Zinc: 8.82mg (58.79%), Selenium: 38.18µg (54.54%), Phosphorus: 486.62mg (48.66%), Vitamin B3: 9.49mg (47.47%), Vitamin B6: 0.81mg (40.69%), Iron: 6.28mg (34.87%), Vitamin B2: 0.58mg (34.26%), Manganese: 0.6mg (30.19%), Potassium: 931.75mg (26.62%), Vitamin E: 3.94mg (26.26%), Magnesium: 83.22mg (20.81%), Vitamin B5: 1.71mg (17.11%), Calcium: 165.13mg (16.51%), Copper: 0.31mg (15.28%), Fiber: 3.53g (14.11%), Vitamin B1: 0.2mg (13.17%), Folate: 40.83µg (10.21%), Vitamin A: 430.66IU (8.61%), Vitamin D: 1.26µg (8.41%), Vitamin C: 6.05mg (7.33%), Vitamin K: 6.44µg (6.13%)