

# South African Recipes

## **\*Bobotie\*:**

To serve 6

1 apple, finely chopped  
2 lb ground beef  
1 large onion, minced  
1 clove garlic, minced  
2 T curry powder  
3 T lemon juice  
3 T chutney  
2 T apricot jam  
1 T worcester sauce  
2 t salt  
1/4 t pepper  
2 T chopped almonds  
1 slice white bread  
1 c milk  
3 eggs

Saute onion and garlic in 2 T butter.

Soak bread in 1/2 c. milk. Mash bread; drain off excess milk.

Mix first 12 ingredients, then mix in soaked bread.

Add 1 egg.

Pour above mixture into a greased 9x13 inch baking dish.

Beat remaining 1/2 c milk with remaining 2 eggs. Pour mixture over the

meat

mixture.

Bake 350 F for 50 minutes, until custard is set.

## **\*Frikkadels\***

Braised Meat Patties Flavored with Nutmeg and Coriander

To serve 4 to 6

2 pounds lean ground lamb  
2 teaspoons salt  
½ cup soft fresh bread crumbs  
freshly ground black pepper  
½ cup finely chopped onions  
¼ cup vegetable oil  
2 eggs  
1 cup beef stock  
¼ teaspoon ground nutmeg  
1 tbl. flour  
1 teaspoon ground coriander  
1 tbl. cold water

Combine the meat, bread crumbs, onions, eggs, nutmeg, coriander, salt and a few grindings of pepper in a bowl. Knead vigorously with both hands and beat with spoon till mixture is smooth and fluffy.

Divide the mixture into 12 equal portions and shape each one into a round, flat patty about 1 inch thick and 2 inches in diameter.

In a heavy 10-12 inch skillet, heat the oil over moderate heat till a light haze forms above it. Brown the patties in the hot oil, 5 or 6 at a time, turning them with a slotted spatula and regulating the heat so that they brown, transfer the patties to a plate.

Pour off the fat remaining in the skillet and in its place add the stock. Bring to a boil over high heat, stirring constantly and scraping in the brown bits clinging to the bottom and sides of the pan. Return the patties, along with any liquid that has accumulated around them, to the skillet. Reduce the heat to low, cover partially, and simmer for 30 minutes.

With a slotted spoon, transfer the frikkadels to a heated platter and drape with foil to keep them warm while you prepare the sauce.

Skim as much fat as possible from the liquid remaining

in the skillet. There should be about 1 cup; if there is less, add more beef stock or, if there is more, boil the liquid over high heat till it is reduced to one cup. With a wire whisk, make a smooth paste of the flour and water, then whisk it into the liquid in the pan. Cook, stirring frequently, until the sauce comes to a boil and thickens lightly. Pour the sauce over the frikkadels and serve at once, or present it separately in a bowl. Frikkadels can be accompanied by yellow rice with raisins.

\*Note\*: Frikkadels may be made from lamb, beef, pork or any combination of these to suit your taste

## **Geelrys (Yellow Rice With Raisins)**

To serve 4 to 6

2 tablespoons butter  
½ teaspoon ground turmeric  
1 cup uncooked long grain white rice  
Pinch of crumbled saffron  
2 cups boiling water  
1 teaspoon salt  
1 piece of stick cinnamon, 2 inches long  
½ cup seedless raisins  
Sugar

In a heavy 2 to 3 quart saucepan, melt the butter over moderate heat. When the foam begins to subside, add the rice and stir until the grains are coated with butter. Do not let the rice brown.

Add the water, cinnamon, turmeric, saffron and salt and, stirring constantly, bring to a boil over high heat. Reduce the heat to low, cover tightly and simmer for about 20 minutes, or until the rice is tender and has absorbed all the liquid in the pan.

Remove the pan from the heat, discard the cinnamon stick, and add the raisins. Fluff the rice with a fork, stir in 1 teaspoon of sugar, taste, and add more

if you wish. Cut a circle of was paper of foil and place it inside the pan directly on top of the rice. Cover the pan with its lid and let it stand at room temperature for about 20 minutes.

Just before serving fluff the rice again with a fork and mound it in a heated bowl or platter.

## **\*Cucumber and Chili Salad\***

To serve 4

2 large cucumbers cut into rounds 1/8 inch thick  
1-1/2 teaspoons salt  
3 tablespoons red wine vinegar  
1/2 teaspoon sugar  
2 teaspoons finely chopped fresh hot chilies

Combine the sliced cucumber, salt, 1 tablespoon vinegar and 1/4 teaspoon sugar in a bowl and turn them about with a spoon until well mixed. Let the cucumbers marinate at room temperature for about 30 minutes. Squeeze the slices vigorously to remove any excess moisture and drop them in a serving bowl.

Add the remaining 2 tblespoons vinegar and 1/4 teaspoon sugar and the chilies. Toss together gently and serve at once.