



The South Africa Menu

Starter: Beef Curry Soup
Main Dish: Bobotie
Dessert: Milk Tart

Beef Curry Soup

This enticing soup originated in South Africa with the curry spice influence of the North.

Ingredients:

- 1 pound cubed Beef stew meat
- 2 onions, chopped
- 2 tablespoons margarine
- 6 cups beef stock
- 2 tablespoons curry powder
- 2 bay leaves
- 2 potatoes, sliced
- 2 tablespoons distilled white vinegar
- 2 teaspoons salt

Method:

1. In a large saucepan or pot, brown the Beef cubes and onions in butter or margarine.
2. Add the beef stock, curry and bay leaves. Cook at low heat for 30 minutes.
3. Add the potatoes, vinegar, and salt. Simmer for 45 minutes to 1 hour, until all is tender. Serve hot!!

Bobotie

"Bobotie" - the name comes from the Indonesian word 'Bobotok'. It is a light textured curry flavored meat loaf smothered in a golden savory egg topping. This recipe serves 6 generous portions. We suggest you serve it with a large salad.

Ingredients:

- 2 slices stale white bread (remove the crusts)
- 30ml cooking oil
- 1 onion, thinly sliced
- 2.5ml ground cloves
- 5ml crushed garlic
- 3ml salt
- 10 ml curry powder
- 5 ml turmeric
- 500g beef mince
- 2 eggs
- 30ml hot water
- 20ml lemon juice
- 25ml sugar Topping
- 1 egg (lightly beaten)
- 150ml milk bay or lemon leaves for garnishing

Method:

- Preheat oven to 160°C.
- Soak bread in water for 10 minutes, squeeze out excess water and crumble.

In a large frying pan

- heat oil and
- braise onion until golden
- Add the ground cloves, garlic, salt, curry powder and turmeric and simmer for 5 minutes.

Break the 2 eggs into a large bowl and beat lightly. Mix in the mince.

- Add the onion mixture from the frying pan to the mince as well as the hot water,
- lemon juice, crumbled bread and sugar, and mix to combine well.
- Spoon the mixture into a well greased oven proof dish and bake for 40 minutes or until golden brown.

Remove from the oven.

Topping

- Combine the egg and beat well.
- Pour over the bobotie.
- Arrange bay leaves or lemon leaves as garnish.

Return to oven and bake at 180°C for 5-10 minutes, or until topping is set.

Milk Tart

Ingredients:

Pie Crust

- 1/2 C. margarine
- 1/2 C. Sugar
- 1 egg
- 2 C. flour, sifted
- salt, sifted

Filling:

- 4 C. milk
- 1 Tbs. margarine
- 1 C. Sugar
- 2 eggs
- 3 Tbs. corn starch
- 3 Tbs. flour
- 1 Tsp. vanilla extract

Method:

- cream the margarine and Sugar together and beat in the egg. Add the flour and salt and knead until a soft dough is formed. Press the mixture into a greased circular pie dish and bake at 180°C for 15 minutes.
- Bring the milk and margarine to the boil.
- cream the Sugar, eggs, corn starch, flour and vanilla essence. Add some of the hot milk to the creamed mixture, then pour it back into the pot and heat gently until it thickens. Do not boil.
- Pour the filling into the pie crust and cool.
- Refrigerate until required and sprinkle with cinnamon to serve.