

Bobotie – Savory ground meat custard from South Africa

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/yoghurt-cake-recipe-south-africa>

Ingredients:

- 1 1/2 pounds ground beef
- 1 1/2 cups whole milk
- 3 large eggs
- 2 slices white bread crust removed
- 2 cups onions chopped
- 1 1/2 teaspoons chopped garlic
- 2 cloves whole
- 1 1/2 tablespoons oil
- 1 1/2 tablespoons mild curry powder
- 1 teaspoon turmeric powder
- 1 tablespoon sugar
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon salt or to taste
- 1 1/2 tablespoons fresh lemon juice
- 3 bay leaves
- 2 1/2 tablespoons apricot preserve
- rice optional
- mango pickle optional
- apricot optional
- chutney optional
- plain yogurt optional

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 290 milligrams
4. Fat: 40 grams

5. Fiber: 4 grams
6. Protein: 45 grams
7. SaturatedFat: 15 grams
8. Sodium: 920 milligrams
9. Sugar: 28 grams
10. TransFat: 1.5 grams

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