

Bobotie (South African Meatloaf Bake)

Yield: 4 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/the-great-south-african-bake-off-koeksister-recipe>

Ingredients:

- 1 pound ground beef lamb, pork, or combination
- 2 tablespoons butter oil
- 1 large yellow onion chopped
- 2 cloves garlic minced
- 1 1/2 tablespoons curry powder
- 1 teaspoon turmeric
- 1/4 teaspoon cumin
- 1/8 teaspoon nutmeg
- 1/8 teaspoon cloves
- 1/8 teaspoon allspice
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper
- 2 tablespoons apricot jam or mango chutney
- 1 tablespoon malt vinegar or cider vinegar
- 2 slices stale bread crusts removed, and cubed, soaked in about 1/2 cup milk (use gluten free if necessary)
- 1 large egg
- 1 cup diced apple peeled and cored, about 1 medium-sized apple
- 1/4 cup dried apricots finely diced
- 1/4 cup golden raisins
- 1 cup whole milk
- 2 large eggs
- 1/4 teaspoon salt
- 1/2 teaspoon turmeric
- 6 bay leaves
- 2 tablespoons slivered almonds

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 255 milligrams
4. Fat: 31 grams
5. Fiber: 3 grams
6. Protein: 30 grams
7. SaturatedFat: 13 grams
8. Sodium: 1200 milligrams
9. Sugar: 18 grams
10. TransFat: 1 grams

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