

Babotie - South African Mince Meat Pie pressure cooker

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/south-african-meat-pie-recipe>

Ingredients:

- 2 pounds ground beef 1k of, Lamb or mix
- 2 tablespoons peanut oil
- 1 butter pat of, to grease the baking dish
- 2 onions chopped
- 2 slices white bread Stale, torn in small pieces
- 1 cup milk
- 1 tablespoon curry powder
- 3/4 teaspoon turmeric
- 2 tablespoons sugar Demerara or Raw
- pepper salt, to taste
- 1 lemon zested and grated, or Apple vinegar
- 1/2 cup raisins or dried Apricots, or freshly grated Apple, soaked
- 1/4 cup sliced almonds toasted
- 5 eggs
- 4 bay leaves

Nutrition:

1. Calories: 860 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 425 milligrams
4. Fat: 53 grams
5. Fiber: 5 grams
6. Protein: 58 grams
7. SaturatedFat: 18 grams
8. Sodium: 380 milligrams
9. Sugar: 22 grams
10. TransFat: 2.5 grams

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