

Bobotie

Food in South Africa is very different to food in Ireland. Here is a recipe that you can try out, either as a group or to let your group taste. It is a traditional sort of meat loaf called Bobotie.

INGREDIENTS

- * 2 onions, thickly sliced
- * 1 slice white bread
- * 235 ml milk
- * 910 g lean ground beef
- * 6 g curry powder
- * 2 eggs
- * 10 g white sugar
- * 10 g salt
- * 1 g ground black pepper
- * 1 g turmeric (optional)
- * 30 ml vinegar
- * 50 g chutney
- * 6 almonds, chopped
- * 80 g raisins
- * 4 bay leaves

DIRECTIONS

1. In a large skillet, pour in just enough water to cover the bottom. Bring to a boil and add the onion slices. Cook until the onions appear translucent. Remove the onions and finely chop them. Drain water from pan and return to the heat. Return the onions to the hot pan and brown slightly. Set aside.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Soak the slice of bread quickly in the milk and squeeze it out. Set the drained milk aside. Crumb the bread. Place in a large mixing bowl. Mix bread together with ground beef, curry powder, 1 egg, sugar, salt, black pepper, turmeric, vinegar, chutney, almonds and raisins.
4. Place the mixture in a greased 7x11 inch baking dish. Insert the bay leaves into the meat. Bake in a preheated oven for 1 hour.
5. Beat the remaining egg with 3 tablespoons of the drained milk. Pour over the meat and bake for another 30 minutes.

South African Malvapoeding (Marshmallow Pudding)

- * Pudding:
- * 30 g butter
- * 5 ml white vinegar
- * 120 ml milk
- * 200 g superfine sugar
- * 2 eggs
- * 20 g apricot jelly
- * 190 g cake flour
- * 5 g baking soda
- * 1 g salt
- *
- * Sauce:
- * 235 ml heavy cream
- * 115 g butter
- * 100 g white sugar
- * 120 ml water, orange juice, or sherry

DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C). In a small saucepan over low heat, melt 2 tablespoons butter or margarine together with vinegar and milk. Remove from heat, and set aside. Meanwhile, sift flour, baking soda, and salt together into a separate bowl.
2. Beat 1 cup sugar and eggs with an electric mixer on high speed until fluffy and light colored, about 5 minutes. Gradually mix in the apricot jam. Fold the dry ingredients into the egg mixture alternately with warmed milk mixture using a spatula. Pour batter into a greased, 1 quart oven-proof baking dish.
3. Bake approximately 45 minutes, or until a knife inserted into the center comes out clean.
4. Place cream, butter, 1/2 cup sugar, and water in a saucepan and stir over moderate heat until the butter has melted and sugar is dissolved. Do not allow the mixture to boil.
5. Remove pudding from the oven, pierce several times with a skewer or fork, and pour the hot cream mixture immediately over the pudding. Serve hot or cold.

South African Potato Salad

INGREDIENTS

- * 10 eggs
 - * 2556 g white potatoes with skin
 - * 1 bunch green onions, chopped
 - * 1 (14 ounce) can sweetened condensed milk
 - * 355 ml mayonnaise
 - * 4 g chopped fresh parsley, for garnish (optional)
- * add to recipe box [Add to Recipe Box](#)

DIRECTIONS

1. Place eggs in a saucepan and cover with water. Bring to a boil and cook for 10 minutes. Remove eggs with a slotted spoon and set aside to cool. Add whole potatoes to the water and boil until a knife is easily inserted, but they are not too soft. Drain and cool.

2. Peel and chop the eggs and place them in a large serving bowl. Stir in the green onions. When the potatoes have cooled, peel and chop then add them to the bowl. Pour in the sweetened condensed milk and stir in the mayonnaise. Sprinkle parley over the top. Chill until serving. This is best served chilled.