

# EAST AFRICA

## East African Babotie

Serves 4.

Oven temperature 200°C.

Cooking time approximately 1 hour.

### Ingredients

1 inch thick slice of bread (crusts removed and cubed)

150ml milk

2 tablespoons butter

500g minced lamb

1 onion (finely chopped)

1 tablespoon curry powder

½ tablespoon brown sugar

1 teaspoon salt

½ teaspoon black pepper

Juice of 1 lemon

3 eggs

1 cooking apple (peeled and grated)

50g ground almonds

75g raisins

4 bay leaves



## Method

- 1 Preheat the oven to 200°C or Gas Mark 6.  
In a bowl combine the bread and milk and leave to soak for 10 minutes.
- 2 In a wok, heat 1 tablespoon of oil over a medium/high heat. Add the minced lamb and cook for 5 minutes until browned. Remove from pan and set aside.
- 3 Add the onions to the pan. Cook for around 5 minutes until translucent. Add the curry powder, sugar, salt and pepper. Cook for 1-2 minutes then add the lemon juice and bring to the boil. When boiling, remove from the heat and pour over the lamb
- 4 Drain the bread from the milk mixture (do not pour the milk away) and squeeze it completely dry. Add the bread, 1 egg, grated apple, raisins and almonds to the lamb mixture and beat together with a wooden spoon until all ingredients are fully combined.
- 5 Pack the lamb mixture into an oven proof bowl, smoothing the mixture down with a spatula, tucking the bay leaves just below the surface of the meat.
6. Whisk the remaining eggs with the reserved milk for a couple of minutes until frothy. Gently pour the mixture over the packed meat and bake in the centre of the oven for 30 minutes until the custard mixture is golden brown.
- 7 Serve immediately.