

**Beef - Mutton (Babootie) -South African Meat Dish**

Nancy Segal – DFAIT/MAECI

**Ingredients:**

- 1 thick slice white bread
  - 2 eggs
  - 1 lb (500g) minced beef or mutton
  - 2 cups rice (uncooked)
  - 1 1/4 cup milk
  - 1 apple
  - 1 onion
  - 1 tablespoon butter
  - 1 teaspoon ginger
  - 1/2 teaspoon nutmeg
  - 1 teaspoon tumeric
  - 1 tablespoon curry powder
  - 1 tablespoon apricot jam
  - 4 tablespoons vinegar
  - 2 tablespoons raisins
- 12 split almonds

**Instructions:**

- Soak 1 thick slice white bread in 1 cup milk
- Chop 1 apple and 1 onion. Fry in 1 tbsp butter, add 1tsp ginger, 1/2 tsp nutmeg, 1 tsp tumeric, 1 tbsp curry powder, 1 tbsp apricot jam, 4 tbsp vinegar, salt and pepper to taste
- Squeeze bread and mix with 500 g (1lb) minced beef or mutton. Add to curry mixture. Add 1/4 cup milk, 2 tbsp raisins and 12 split almonds. Put in greased dish. Add bay leaves and almonds on top. Press mixture down will
- Bake at 350 F for 1/2 hour. Beat rest of milk with 2 eggs and pour over cooked meat. Bake another 20 minutes. Serve with yellow raisin rice (add 4 tbsp raisins and 1/2 tsp tumeric to rice while it cooks)