

世界の台所（第2回）南アフリカ

Bobotie

History of Bobotie

During the 17th century, many slaves were taken to South Africa from India and modern-day Indonesia. These slaves brought a rich culture of food with them. Their recipes had to be adapted though to their new lifestyles and available ingredients. The history of bobotie is said to come from the slave traditions of using whatever was left over from the master's house.

A big meal was usually served in the master's house. This meal always had a big piece of meat. Slaves would then use this left over meat, mix it with spices, and fruits. Milk would help the egg topping also go further. And the dish would then be served with rice – long grain and often flavoured with turmeric and sultanas.

今日は、このレシピ（4人分）
で作ります。



材料 4人分

【ターメリックライス】

米 1.5 カップ
ターメリック 大さじ 1/2
塩 小さじ 1/2
レーズン 30g

【フィリング】

食パン 1/2 枚
ミルク 85ml
バター 小さじ 1/2 (5g)
玉ねぎ 中 1/2 個(150g)
ニンニク 1 かけ(5g)
・カレー粉 大さじ 2/3
・塩 小さじ 1/2
・チャツネ 小さじ 1
・杏ジャム 小さじ 1
・ウスターソース 小さじ 1
・ターメリック 小さじ 1/2
・酢 大さじ 1/2
牛ひき肉 250g
レーズン 25g
卵 1/2 個
塩 小さじ 1/2

【トッピングのソース】

卵 3 個
牛乳 200ml (残りとお合わせて)
塩 ひとつまみ
ターメリック ひとつまみ
ベイリーフ 適量

作り方

- ①ターメリックライスを作る
米を洗い、水気を切っておき、分量の水、ターメリック、塩、レーズンを加えて炊く
- ②オーブンを 180 度にあらかじめ温めておく
- ③食パンをそのまま容器に入れ、浸るようにミルクを注いでおく
- ④鍋にバターを溶かし、玉ねぎとニンニクを中火で柔らかくなるまで丁寧に炒める
- ⑤カレー粉、塩、チャツネ、杏ジャム、ウスターソース、ターメリック、酢をあらかじめ良く混ぜ合わせておいたものを④に加え、更に炒める
- ⑥ミルクから食パンを取り出し、絞って浸したパンを手でマッシュする。
残りのミルクは（後で使うので）とっておく
- ⑦マッシュしたパンとレーズンを鍋に入れ良く炒める
- ⑧ミンチをいれて色が変わるまで炒め、ミンチに火が通ったら卵を加える
卵を入れたら一混ぜして火を止める。そぼろのようにならないこと。
- ⑨トッピングのソースを作る
⑥の残っているミルクに足して分量のミルクを用意し、卵を加えて良く溶きほぐす。塩とターメリックも加え良く混ぜておく
- ⑩⑦をオープン皿に平らに入れ、その上に⑧のソースを蓋をするように注ぎ、最後にベイリーフを浮かべる
- ⑪180 度のオーブンで 20 分程度、きれいに仕上がるまで焼く
- ⑫皿に盛り付けターメリックライスを添える。あればハーブなどを彩りに飾る



Bobotie

先生からいただいた
自国レシピ

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then use this left over meat, mix it with spices, and fruits. Milk would help the egg topping also go further. And the dish would then be served with rice – long grain and often flavoured with turmeric and sultanas.



Ingredients

1 slice of bread
170ml milk
1 T oil
1 t butter
1 onion, finely chopped
1 clove of garlic,
finely chopped
1 T curry powder
1 t salt
1 T chutney
2 t apricot jam
2 t Worcestershire sauce
1/2 t turmeric
1 T vinegar
4 T raisins or sultanas
500g mince
1 egg

Topping –
2 eggs
125ml milk
A pinch of salt
A pinch of turmeric
Bay leaves

Method

1. Preheat oven to 180°C.
2. In a shallow bowl, soak the slice of bread in the milk.
3. Heat oil and butter in a medium saucepan, and fry onions and garlic.
4. When onions are soft, add curry powder, salt, chutney, apricot jam, Worcestershire sauce, turmeric and vinegar and mix well.
5. Drain and mash the bread, reserving the milk. Add the bread to the pan with sultanas, stirring to further break up the bread.
6. Add the mince and mix.
When the mince has lost its pinkness, add an egg.
7. Spoon into a greased baking dish, until about 3/4 full.
8. Add 125ml milk to the reserved milk, and beat with 2 eggs, and a pinch each of salt and turmeric.
9. Slowly pour over the meat mixture. Place bay leaves on top.
10. Bake for 30 minutes or until set, and golden brown.