

BOBOTIE

INGREDIENTS

Filling:

1 slice bread crust removed
1 TBSP olive oil
4 cups water
2 onions finely diced
3 cloves garlic pressed
2 carrots grated
1 TBSP garam masala
1 tsp ground cumin
1 tsp ground coriander
1 TBSP curry powder
2 cups dried brown lentils rinsed
160 ml chutney
juice of 1/2 lemon

Topping:

3/4c milk
1 egg
Pinch salt
Bay leaves

DIRECTIONS

Preheat the oven to 375°F.

In large bowl, add the 4c water and bread. Soak bread for 10 minutes, then remove from water and squeeze over the bowl. Set the liquid aside.

In a saute or frying pan, heat olive oil over medium-high heat. Fry the onion with a pinch of salt until translucent and slightly browned. Add the garlic, carrots, herbs and spices and fry for 3 more minutes, stirring constantly.

Add the lentils, reserved water, chutney, and lemon juice and bring the mixture to a boil. Lower the heat, and simmer for 15 – 20 minutes or until the lentils are soft and all the water has been absorbed.

Transfer the lentil mixture to an ovenproof glass dish (use one 9x13 or several smaller dishes for individual servings) and smooth the filling. Poke a few holes with a fork to allow the topping to seep through.

To prepare the topping, whisk together all ingredients except bay leaf. Pour the topping over lentil mixture, smooth over, and top with bay leaves.

Bake for 1 hour for large baking dish or 40 minutes for small dishes, or until the topping is golden and set. Discard the bay leaves before eating.



COCONUT ICE

INGREDIENTS

14 oz can condensed Milk
2 drops red food coloring (optional)
2 c powdered sugar, plus extra for rolling
1 ½ c Desiccated Coconut

DIRECTIONS

Split the condensed milk between two medium-sized bowls, and mix the red food color into one of them. If you are not using food coloring, you can combine into one bowl.

Add half of the powdered sugar to one bowl and half to the other, and stir each bowl.

Add in half of the desiccated coconut to one bowl and half to the other and mix each bowl again using a fork.

The mixtures should come together into a shape-able ball at this point.

Spread powdered sugar over a clean work surface, and tip the white mixture out. Using your hands, shape the mixture into a square that is about ¾" thick. You can use a rolling pin to ensure the top is flat.

Do the same with the pink mixture – ensuring the square is the same length/width as the white one. Use a spatula to lift the pink slab and place it on top of the white slab.

Squash it down very slightly so that the pink and white layers stick together, and then use a spatula to lift the whole thing onto a tray lined with baking parchment.

Leave, uncovered to dry for 3-10 hours, and then cut into small cubes.

🔪 NOTES

Store the cubes in an air tight box at room temperature. The coconut ice should keep for 2-3 weeks.

