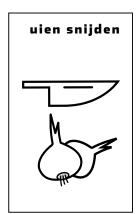
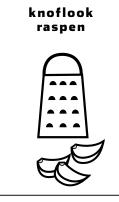
BOBOTIE

Recept van Martin Cockrell (Zuid Afrika) chef-kok van containerschip SA SEDERBERG





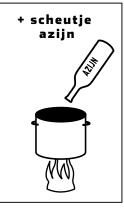






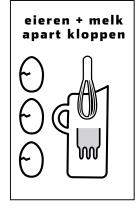










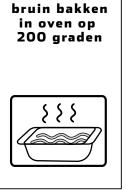




gehakt-



+ eieren/





INGREDIËNTEN VOOR 4 PERSONEN:

4 uien

2 a 3 tenen knoflook

4 eetlepels olijfolie

1 eetlepel curry + 1 eetlepel kurkuma

4 eetlepels zoute sojasaus

500 gram rundergehakt

1 kopje fruitchutney

scheutje azijn

kopje rozijnen

kopje noten (hazelnoten of gemengde noten) eventueel 2 boterhammen in stukjes gesneden

2 appels in stukjes

4 eieren

2 kopjes melk

Serveren met gele rijst of stokbrood en sla