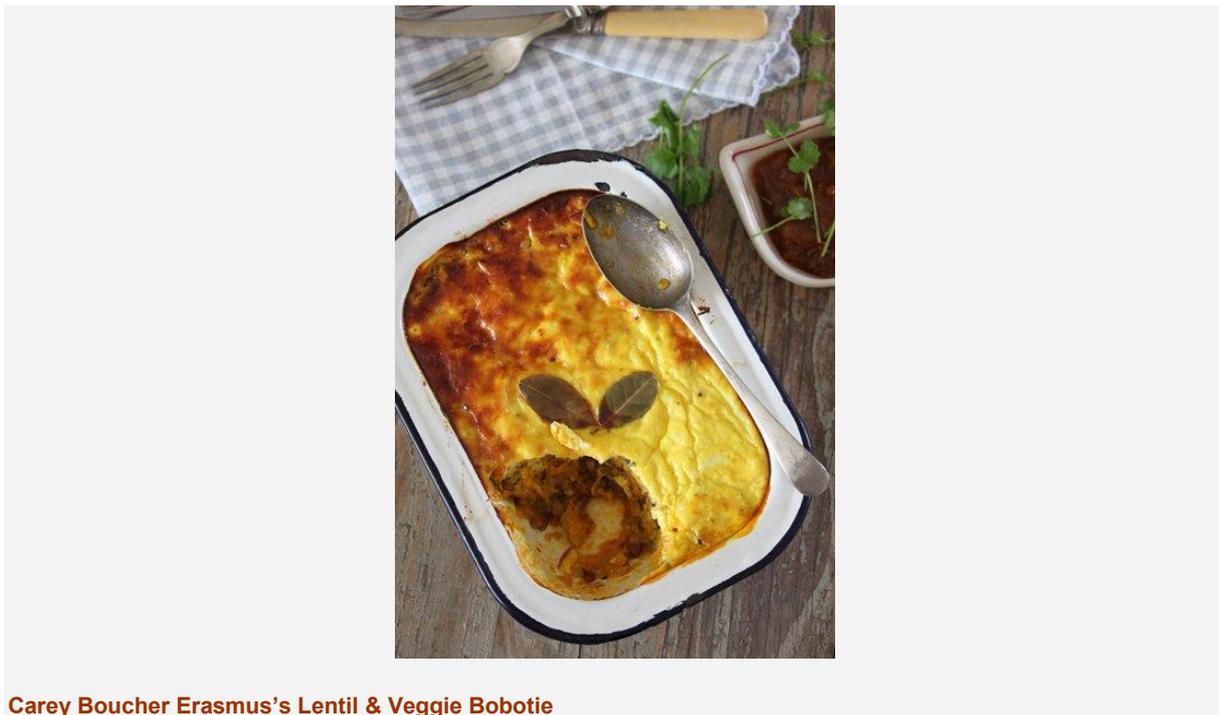




Lentil & Veggie Bobotie – Carey Boucher Erasmus



Carey Boucher Erasmus's Lentil & Veggie Bobotie

One of the things that Carey Boucher Erasmus does so well is her monthly article in Crush, a digital Food and Wine Magazine. When we started the magazine some 50 editions ago, I asked her to write for me and she has really turned up trumps with a total of 350 recipes specially created for her articles. Many of her recipes have an eye towards the budget, many are perfect vegetarian dishes like this one, Vegetarian food goes so well with wine.

Ingredients

- 1 T (15 ml) butter
- 1 t (15 ml) vegetable oil
- 1 large onion, finely chopped
- 1 T (15 ml) medium curry powder
- 1 t (5 ml) chilli paste
- 3 cloves garlic, crushed
- 1 T (15 ml) grated ginger
- 1 small butternut, peeled and coarsely grated
- 2 large carrot, peeled and coarsely grated
- 4 courgettes, washed really well and coarsely grated
- 2 ripe tomatoes, skins and seeds removed and finely chopped
- 3 T (45ml) chutney of your choice
- 2 t (10 ml) sugar

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½ c (125 ml) chopped fresh coriander
2 x 410 g cans lentils, rinsed and drained or 2 cups cooked brown lentils
Salt and pepper to taste

Egg custard topping

500 ml buttermilk
4 large eggs
1 ml turmeric
Salt and pepper to taste
Bay leaves

Method

Preheat the oven to 180°C.

In a large pot, heat the butter and oil and fry the onion, curry powder, chilli, garlic and ginger until softened and fragrant.

Add the butternut, carrot and courgette and sauté until softened and all liquid has cooked away (this will take 10 – 15 minutes).

Add the tomatoes and fry for 5 minutes then add the remaining ingredients, mix until well combined and simmer until the mixture is dried out, not runny at all and good flavour has developed (should take another 5 minutes).

Season to taste.

Spread lentil mixture into a large greased baking dish (or 2 medium dishes), make sure the surface is flattened.

Beat the egg topping together and pour over the veg filling. Squish in a few bay leaves.

Bake for +- 45 minutes.

Serve with wild rice, tomato and onion raita and chutney. YUM!

TIP – Use a food processor to grate all the veggies, makes life much easier!

To see Crush – [CLICK HERE](#)

Michael's wine recommendation – [CLICK HERE](#)



Place in the Sun Merlot 2013



Carey Boucher Erasmus

Carey Boucher Erasmus is a food writer, photographer, recipe developer and restaurant consultant.

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She says, “As far as I can remember, I loved being in the kitchen. I grew up watching my mother in wonder as she prepared a myriad of dishes on any given day. And when my grandmother baked, I would be the official bowl licker. I even owned a mini wooden oven and stove set and always imagined myself being a chef while “cooking up” pots of mud and grass.

When I was old enough to reach the real stove and sink, I started cooking and experimenting – from dodgy rubbery microwave chocolate cake to edible and sometimes rather delicious meals. I loved home-economics in high school and even joined a “catering society”.

After matric, I studied Food science and Nutrition at Cape Technikon where I specialised in recipe, product development, nutrition and food communication (styling, food demonstrating etc.). In my final year, I graduated with 8 distinctions and achieved the title of Class valedictorian which I was pretty chuffed about. I was ready to go out into the food industry!”

Do follow her on her website – <http://bitsofcarey.co.za>

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