

Mama Africa

The quality of city centre restaurants in Cape Town is generally pretty high. Mama Africa stood out for us, though, with its zany exterior on Long Street, and its interior is just as much fun. Although it's young-at-heart, it welcomes all age groups, locals and visitors alike.

Starters range from vegetable samosas to crocodile in satay sauce. **Mains** include curries and *bobotie*, as well as seasonal stuffed venison and wild game mixed grill. There's a good **seafood** range too, and several **vegetarian** options. The charming and helpful staff were fully clued up about gluten- and dairy-free eating. Live music starts mid-evening (R10 cover charge added), but is great fun if you're in the mood. They're also open lunchtimes from Tuesday to Friday, which fits nicely with our city centre walk (Walk 1).



Mama Africa – the fun interior and (right) their 'Dovi Zimbabwean' (a chicken, peanut and spinach stew)

MAMA AFRICA
178 Long Street, Cape Town
(021 424 8634
mama@maweb.co.za
Mon-Sat 19.00 till late; also Tue-Fri
from 11.00-16.00; closed Sun
RRR (CC: V, MC, AM, DC)

Bobotie

Bobotie, a tasty Malay dish, normally includes slices of bread and buttermilk, but this gf, df version just leaves them out. If one of you doesn't eat eggs either, split the meat mixture into two portions before cooking and leave the egg topping off one of them; it doesn't look quite so attractive as the traditional bright yellow version, but is still delicious.

Pre-heat the oven to 180°C. Fry the onions and mince in oil until browned. Add raisins, apricots, apple, almonds, jam, curry powder, lemon juice and seasoning to taste. Turn into a baking dish and spread evenly. Tuck bay leaves into the mixture and bake uncovered 30 min.

Beat the eggs with the turmeric, a little milk and seasoning, and pour over the meat mixture. Return to oven for 10 min –or until set. Serve with plain rice and perhaps a green vegetable or a *sambal* (see page 137).



Ingredients (for 2 people)

- 1 onion, sliced
- 500 g lamb or beef mince
- Oil for frying
- 1/4 cup raisins
- 1/4 cup chopped dried apricots
- 1 apple, peeled and grated
- 1/4 cup toasted flaked almonds
- 2 tbsp apricot jam
- 1 tsp medium curry powder
- 2 tbsp lemon juice
- 6 lemon or bay leaves
- 2 eggs
- milk
- 1/4 tsp turmeric
- Salt & black pepper



restaurants

eat

recipes

eat