

BOEREWORS

Typical South African Sausage with Ground Coriander and Black Pepper. The following recipe is for a 10kg batch using our Boerewors Seasoning, blended from a recipe kindly provided by a friend in Bloemfontein. The meat ratios are not set in stone, game meats are often also used, and a little chilli flake could be added for a spicy version.

Ingredients:

3.500kg Beef

5.000kg Lean Pork (or good Belly Pork)

0.750kg Back Fat, Fat Belly Pork

0.250kg Vinegar (2.5%)

0.250kg Cold Water (2.5%)

0.250kg Seasoning (2.5%)

10.000kg (Reduce ingredients by proportion for smaller batches)

Method:

1. Mince the meat through a 6.0mm plate (or an 8.0mm plate if you like a coarse texture) and sprinkle on the Boerewors seasoning. Turn the meat to ensure an even coating.
2. Add half of the cold water and vinegar and mix until the liquid is absorbed into the meat (at least 30 seconds).
3. Add the remaining water and vinegar and mix rigorously until the mixture is sticky and moist.
4. Chill the mix, then mince the whole batch again if required (optional) through a 10mm plate (8.0mm for a finer texture).
5. Fill into pre-soaked Natural British Hog casings.

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