

Championship Boerewors Recipes



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Sausage is an old favourite in many countries, from Great Britain's pork bangers to Germany's "bratwurst". However, boerewors is as South African as koeksisters and biltong. It was inherited from the early settlers in the then Cape Colony who combined minced meat and pork fat with spices, like cloves and coriander and preservatives, like vinegar. Over the decades, this evolved to become boerewors - staple fare among South Africans and world-famous. Traditionally braaied over the coals, boerewors is also popular amongst tourists and many visitors to South Africa agree - it is delicious and one of a kind.

Shoprite and Checkers' **Championship Boerewors** was the first boerewors to be awarded the South African Chefs Association's prestigious Seal of Approval.

- All our ingredients are fresh and only the best quality spices and casings are used.
- We sell in excess of 20 tons of wors per year. Because of the high demand for our boerewors, we make boerewors on a daily basis to ensure that you always buy a fresh product.
- We hang our boerewors before it is packed to ensure that any excess fluid is drained away. This also makes the boerewors casing drier and more crisp so that it breaks easily when eaten.
- Our boerewors is of a high standard and is always competitively priced.
- Our boerewors is made by experienced and well-trained staff under the supervision of our Meat Market Managers who understand and appreciate the need for a top quality product.
- A comprehensive range of boerewors, wors and braaiwors products are sold through our Meat Markets to ensure that we cater for all our customers' needs.
- Our entire range of boerewors has a meat content of at least 90% - always containing beef, as well as lamb or pork or a mixture of lamb and pork and not more than 30% of the meat content may be fat.

What is the difference between the types of wors?

The difference between boerewors, wors and braaiwors is:
Boerewors - a minimum of 90% meat, of which not more than 30% is fat.

Wors - slightly extended with cereals and wheat extract

Braaiwors - extended up to 40% with soya

The different uses for boerewors

- Boerewors is versatile - you can either braai it, grill it in the oven, or fry it in the pan. Serve it with vegetables and rice or on a roll.
- When braaiing boerewors on the grill, ensure that the coals are not too hot as the casing will be pierced and the product will be spoiled.
- Avoid piercing the casing of the boerewors before or during cooking because this can cause the product to lose its moisture and become dry.
- Boerewors is best eaten straight from the braai grill so that the maximum amount of moisture and juice is retained.
- Boerewors is easy to portion and can therefore be stretched further than other meat cuts.

What can you expect from our Meat Markets?

- Service - You can buy pre-packed boerewors, but if the size of the package is not sufficient, our helpful Meat Market staff will pack the size that you require.
- Consistent quality - Only feedlot beef is used in our Meat Markets to ensure consistent quality and taste.
- Only meat from animals slaughtered and graded under the highest standards is used in our Meat Markets.
- Sell-by-dates ensure freshness.
- Quality and price - The best quality end price is ensured due to our supermarket group's infrastructure and buying power. We negotiate the best prices with producers so that we can offer our customers lower prices.
- Customer loyalty - Most customers prefer Shoprite and Checkers' range of boerewors.

Should you have any comments on our range of consumer leaflets, please write to Sarita van Wyk at:
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Boerewors Satay (Serves 4 canapés)

Ingredients

About 400 g thin Championship Boerewors,
cooked and cut into pieces of about 4 cm
1 large red pepper, seeded and cut into 2 cm cubes
4 wooden skewers

Spicy peanut sauce

30 ml (2 Tbsp) cooking oil
1 medium onion, finely chopped
45 ml (3 Tbsp) roasted peanuts
2 ml (½ tsp) paprika
30 ml (2 Tbsp) tomato sauce
15 ml (1 Tbsp) honey
30 ml (2 Tbsp) soy sauce
30 ml (2 Tbsp) fresh lemon juice
1 ml (pinch) salt

1. **Sauce:** Heat the oil in a heavy-based saucepan. Add onion and sauté for a few minutes until soft. Remove from the pan.
2. Place the onion, peanuts and paprika in a food processor and process to a smooth paste.
3. Mix together the tomato sauce, honey, soy sauce and lemon juice and add to the paste. Process the mixture until a smooth consistency.
4. Return the mixture to the pan and cook for 3 minutes. Stir frequently and season with salt. Add additional soy sauce, if preferred.
5. Skewer a few bite-sized pieces of Boerewors, alternating with the red pepper cubes. Serve with the sauce.



Boerewors Slider (Serves 12 as canapés)

Ingredients

2 small beetroots, with skins on

About 500 g Championship Boerewors, cooked

Balsamic onions

30 ml (2 Tbsp) olive oil

2 medium red onions, thickly sliced

30 ml (2 Tbsp) light brown sugar

45 ml (3 Tbsp) balsamic vinegar

12 cocktail bread rolls

125 ml (½ cup) plain cream cheese

125 ml (about 20 g) rocket leaves

12 wooden skewers

1. Cover the beetroot with water in a heavy-based saucepan and cook for about 20 minutes, or until soft. Drain and leave to cool. Peel and cut into about 5 mm thick slices.
2. Cut the cooked Boerewors in 5 cm pieces and cut lengthwise in half.
3. **Balsamic onions:** Heat the olive oil in a heavy-based saucepan. Add onions and sauté for a few minutes until soft. Add the sugar and balsamic vinegar and simmer to a thick syrup.
4. Cut the bread rolls in half and toast the inside lightly. Spread the cream cheese evenly on both halves. Place a few rocket leaves on the bottom half.
5. Stack slices of beetroot on the rocket, two half pieces of Boerewors and top it off with the balsamic onions. Close the burger with the top half of the bun and secure it with a skewer.



Boerewors Gnocchi (Serves 4)

Marinara sauce

15 ml (1 Tbsp) olive oil

1 medium onion, finely chopped

2 cloves garlic, finely chopped

1 medium tomato, chopped into blocks

5 ml (1 tsp) sugar

30 ml (2 Tbsp) chopped fresh basil or 10 ml (2 tsp) dried

45 ml (50 g) tomato paste

125 ml (½ cup) water

1 ml (pinch) salt

about 500 g thick Championship Boerewors, casing removed

60 ml (¼ cup) chopped fresh parsley or 20 ml (4 tsp) dried

Gnocchi

500 g gnocchi

30 ml (25 g) grated Parmesan cheese

extra chopped fresh parsley for garnishing

1. **Sauce:** : Heat oil in a heavy-based saucepan. Add onion and garlic and sauté until soft. Add the tomato and cook until soft. Add the sugar, basil and tomato paste and stir to combine.
2. Add the water and leave to simmer for a few minutes over low heat. Season with salt.
3. Place the Boerewors in a heated pan and separate it with a wooden spoon or fork to resemble mince. Cook until the meat is well browned. Remove from the heat and stir in the parsley.
4. **Gnocchi:** Cook the gnocchi according to the instructions on the packaging. Place the cooked gnocchi in a serving dish, add the sauce and spoon the mince on top. Garnish with Parmesan cheese and parsley.



Boerewors Pastry Bites

(Serves 8 as canapés)

Ingredients

250 g packet puff pastry

60 ml (50 g) grated Parmesan cheese

125 ml (½ cup) sweet chilli sauce

About 250 g Championship Boerewors,
lightly cooked and cut into pieces

60 ml (50 g) pitted black olives

125 ml (100 g) peppadews® piquanté peppers

1. Preheat the oven to 180 °C.
2. Roll out the pastry on a lightly floured surface. Cut circles or squares of about 7 cm. Place onto a greased or lined baking tray, leaving enough space in between.
3. Sprinkle Parmesan cheese over and place half a teaspoon of sweet chilli sauce on top.
4. Place a piece of Boerewors on top of the sauce. Bake in the preheated oven for about 15 minutes. Chop the olives and peppers coarsely and place a little on top of each pastry bite when it comes out of the oven. Serve warm.

