

Boerewors

If you're invited to a braai, it's highly likely you will be served a lot of meat at once, including steak, lamb chops, kebabs and the beloved boerewors! Here's my elaboration of a recipe from *Mrs Slade's South African Cookery Book*, a tome I inherited from my paternal grandma, who died before I was born.



Makes about 5 x 450 g boerewors

1 clove of bruised garlic (for rubbing the bowl)

1.5 kg topside beef, any fat removed and chopped into chunks

750 g pork belly with the skin removed, chopped into chunks

4 tsp salt

1 tsp ground black pepper

1½ tbsp ground coriander

½ tsp ground cloves

1 tsp grated nutmeg

75 ml malt vinegar

At least 6 m of hog sausage casings, 32 mm in diameter

(You will probably need less casing, but it is useful to have extra!)

Rub a large bowl with the clove of garlic (discard the garlic once this is done).

In the bowl, mix together all the meat, spices and vinegar. Marinate in the fridge for at least four hours, but preferably overnight.

Soak the sausage casing in lukewarm water for a couple of hours or overnight.

Mince the spiced and marinated meat using the coarse mincing attachment of a standing mixer (one with 6–8 mm holes). Set aside.

Cut 5 x 1 m lengths of sausage casing. Fit one end of a 1 m length over a tap and let the water run through it gently. Tie a knot in one end.

Fix a sausage attachment to your standing mixer. Grease the nozzle section. Slide the open end of the sausage casing onto the nozzle until the knotted end is at the tip of the tube.

Feed your sausage mixture through the mouth of the machine. As the casing fills, hold the knotted end in one hand. Guide the mixture through and ease the casing off the nozzle. Do not overstuff.

Fill the sausage until it is about 80 cm long and there is 10 cm of empty casing left.

Stop the machine.

Tie the sausage off using the loose casing.

Coil into a spiral.

Repeat for each sausage.

The boerewors can be cooked gradually over low heat in a pan or on a braai for about 20 minutes: 10 minutes each side (don't prick the skin).

Serve with [pap](#) and tomato-based sauce.