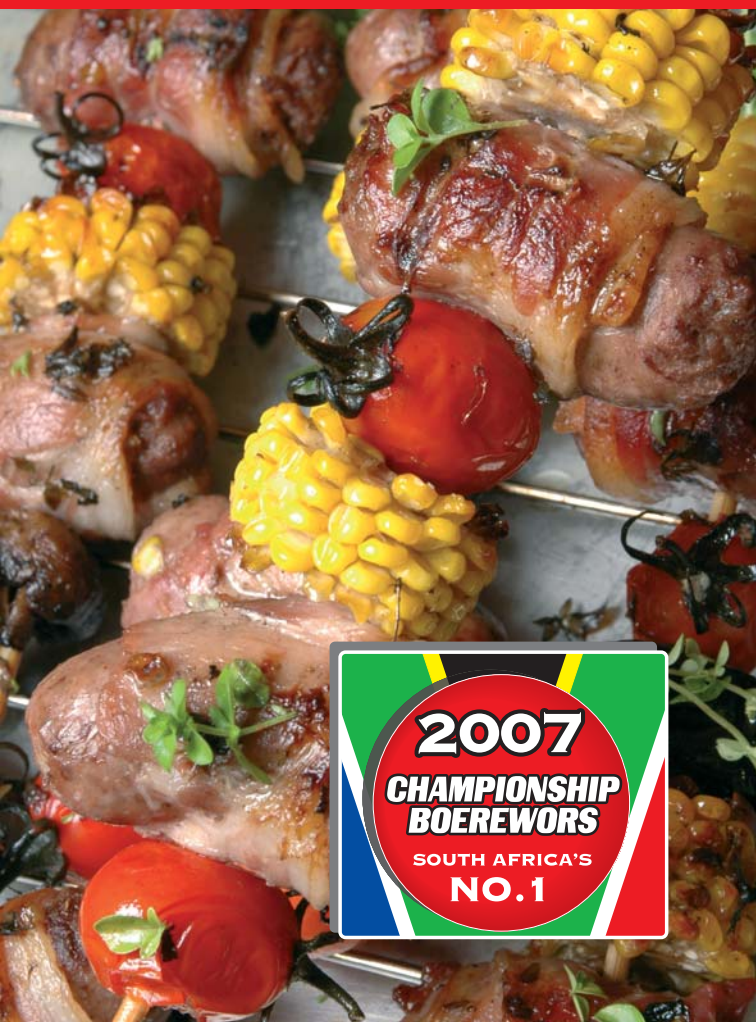


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# OUR FAMOUS BOERE- WORS AT ITS BEST



**SHOPRITE** 

When it comes to celebration, braaiing is a truly South African tradition. We annually host the famous Championship Boerewors Competition to search for the country's best boerewors recipe. This challenge also assists us in staying abreast of our customers' needs.

## Our Championship Boerewors is a top seller, because:

- All our ingredients are fresh and the best quality spices and casings are used.
- We make fresh boerewors on a daily basis to keep up with the demand and to ensure that you will always buy a fresh product.
- We hang all our boerewors before it is packed to drain all excess fluids. It also makes the casings drier and crispier so that it breaks easily when eaten.
- All our boerewors are made by experienced and well-trained staff under the supervision of our Meat Market Managers who understand and appreciate the need for top quality products.
- Our whole range of boerewors has a minimum meat content of 90% to ensure a high quality product that both looks fresh and tastes good.

## What is boerewors?

Real boerewors must strictly adhere to the following requirements:

- Boerewors must be made from one or a mixture of two or more of the following:
  - beef;
  - pork;
  - lamb.
- A minimum of 90% of the contents of boerewors must be meat (as laid out above).
- Not more than 30% of the meat content may be fat.
- Boerewors may not contain offal, except for the casing.
- Boerewors may not contain any "mechanically recovered" meat, i.e. meat derived through a process where meat and bone are mechanically separated.

- Boerewors may contain a maximum of 0.02g of calcium per 100g of product mass.

Apart from the meat content, no other ingredients may be added except:

- Cereal products or starch;
- Vinegar, spices, herbs, salt or other harmless flavourants;
- Permitted food additives (monosodium glutamate, sulphur dioxide);
- Water.

Why not try Championship Boerewors today in one of these innovative recipes?

## Boerewors sosaties

(Cover recipe)

In South Africa we call it sosaties, but in Turkey a skewered dish like this is called "shish kebabs" and the Greeks call it "souvlakia". By any name, this version with boerewors is delicious.

**500 g thin or thick boerewors, cut in 3 - 5 cm pieces**  
**smoked bacon rashers**

### **Marinade for vegetables:**

Mix **125 ml (1/2 c) olive oil** with **62,5 ml (1/4 c) chopped, mixed herbs**, **3 cloves of garlic, crushed** and **ground black pepper** marinate **vegetables in season** and **according to taste e.g. mushrooms, baby marrow and sweetcorn slices, cherry tomatoes, pickled onions, eggplant cubes, etc.** in herb and olive oil for at least 1 hour.

1. Wrap pieces of boerewors in bacon and thread, alternating with vegetables onto bamboo or kebab skewers. Grill over medium coals or in preheated oven at 220 °C. Baste frequently with marinade. Serve hot with bread and salad.



## Boerewors cannelloni

This delicious boerewors "gratin" was inspired by stuffed Italian pasta tubes (cannelloni) covered cosily by a blanket of cheese sauce.

**500 g thin, raw boerewors**

**250 g instant cannelloni (pasta tubes)**

**Cheese sauce: 125 ml (1/2 c) cake flour**

**125 ml (1/2 c) butter**

**250 ml (1 c) grated cheddar cheese**

**2 jumbo eggs, separated**

**ground sea salt and black pepper**

Preheat oven to 190 °C. Grease a square or rectangular oven dish.

1. Stuff pasta tubes with boerewors (in casing).
2. Prepare cheese sauce as usual. Beat egg yolks with fork, add a little sauce, mix quickly. Mix yolks with rest of sauce and cook for 1 min. Season with salt and pepper. Beat egg whites until it holds soft peaks and fold lightly into sauce.
3. Spread a thin layer of sauce in dish; cover with a layer of stuffed pasta tubes. Repeat and finish with sauce layer. Bake until top layer starts to turn golden. Serve warm with fresh garden salad.



## Paella with boerewors

Paella is a festive Spanish rice dish enriched with all kinds of delicacies. Chunks of boerewors are quite at home in this flavoursome one-dish meal with which you can feed a crowd with the minimum amount of effort.

**250 - 500 g thick boerewors**

**4 chicken thighs and 4 drumsticks**

**olive oil**

**375 ml (1 1/2 c) rice, rinsed**

**10 ml (2 t) turmeric**

**pinch of salt**

**1 green and 1 yellow green pepper, cut in 0,5 cm strips**

**1 large onion, cut in rings**

**4 cloves of garlic, crushed**

**2 large tomatoes, peeled and chopped**

**375 ml (1 1/2 c) garden peas, fresh or frozen**

**ground sea salt and black pepper**

**chopped parsley and chives**

1. Heat oil in a large skillet. Pan-fry wors over medium heat. Remove and keep warm. Repeat with chicken pieces. Cut wors in pieces of  $\pm$  5 cm.
2. Sauté pepper strips, onion rings and garlic until translucent. Mix with rice, turmeric and salt and boil rice as usual until soft, but firm.
3. Turn rice mixture into skillet, add tomatoes, peas, wors chunks and chicken pieces. Season with salt and pepper. Heat. Sprinkle with parsley and chives and serve hot with crusty bread.

**Variation:** You can add **cooked prawns, mussels, chunks of white fish, olives and piquanté peppers** to the paella.



## Chilli con carne with boerewors fricadels

In Mexico this popular dish is prepared with mince and chillies. To give it a South African flavour the mince was substituted by boerewors and the chillies by our own mild piquanté peppers. Complemented with wholesome beans, it serves as a full meal.

**500 g thick boerewors, casing removed and shaped into fricadels**

**45 ml (3 tbsp) cake flour**

**olive oil for frying**

**1 onion, chopped**

**4 cloves of garlic, crushed**

**62,5 - 125 ml ( $\frac{1}{4}$  -  $\frac{1}{2}$  c) preserved piquanté peppers (peppadews)**

**10 ml (2 t) sugar**

**1 x 420 g tin chopped tomatoes**

**1 x 420 g tin baked beans in tomato sauce**

**250 g dried beans e.g. kidney, sugar or butter beans or a mixture, soaked overnight and boiled until soft, but firm**

**ground sea salt and black pepper**

**chopped parsley, chives and halved piquanté peppers as garnish**

1. Roll fricadels in flour and fry in olive oil. Remove and keep warm.
2. Sauté onion and garlic until translucent. Add rest of ingredients and simmer until sauce has reduced thickly. Add fricadels, heat thoroughly, garnish with parsley and halved piquanté peppers. Serve warm with avocado and salad leaves.



## Huevos a la Flamenca with boerewors chunks

This Mediterranean dish with vegetables and eggs is so full of bright colours that it is named after the costumes of flamenco dancers. With chunks of boerewors it becomes a hearty breakfast dish or supper.

**500 g thick boerewors, pan-fried and cut in chunks of ± 3 cm**  
**1 red or white onion, cut in rings**  
**3 cloves of garlic, crushed**  
**altogether 6 green, red and yellow green peppers, seeded, membranes removed and cut in strips**  
**a handful of oregano and a whiff of paprika**  
**4 baby marrows, cut in ribbons with a vegetable peeler**  
**6 fresh, jumbo eggs**  
**ground sea salt and black pepper**  
**chopped parsley and chives**

If not using an electric frying pan, preheat oven to 190 °C. Grease an oven-dish.

1. Heat olive oil in a pan or electric frying pan and sauté onion, garlic and green peppers with oregano and paprika until vegetables wilt. Add fried chunks of wors and baby marrow ribbons and simmer for 5 min.
2. Make indentations in layer of vegetables and crack 1 egg into each "hollow". Bake eggs to taste in frying pan or oven. Scatter with parsley and serve with crusty bread.

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