

TRADITIONAL SOUTH AFRICAN BOEREWORS

Prepare the meat by slicing it into pieces. Add bacon, spices, garlic, thyme and vinegar to the sliced meat and allow it to marinate in the fridge before mincing, ideally overnight. If you do not have a meat mincer at home, ask your butcher to mince the meat for you. It is important that the meat is cold so it is minced rather than mashed. Add breadcrumbs to the minced meat. At this stage, it is advised to cook up a little taster to check that you're happy with the amount of seasoning and that it is not too dry.

For stuffing the sausage casings, use a sausage funnel or an electric mincer with an attachment. Clean the sausage casings by rinsing them in warm water three or four times and then running water through it. Measure out 80 cm of sausage casing, cut it, and place in a bowl of warm water. Find the end of a casing and slip it over the end of the mincing funnel. Slide the casing over the funnel and leave a little hanging over the edge - this is for you to tie a knot at the end. Put mince in the top of your mincer or funnel and switch it on. Ease the casing off the funnel at the same speed as the mince comes out. Increasing or decreasing finger pressure on the casing will determine how tightly and consistently the sausage is stuffed. If the casing bursts, tie it off and start again. You can either twist off sausages into short lengths, or, as in the case of traditional boerewors, leave it as one long coiled sausage. Refrigerate until the casings are dry.

Boerewors is best cooked over low coals on an open fire, but alternatively you can add a small amount of oil to a frying pan and cook the boerewors over medium heat. Cook it on both sides until done to your taste, but not overcooked and dry.

Makes 1,75 kg - 2 kg sausage

500 g beef
500 g lean pork
500 g lamb
250 g bacon
40 ml crushed salt
15 ml ground black pepper
20 ml coriander seeds, toasted and crushed
10 ml paprika
5 ml ground cloves
5 ml ground nutmeg
3 garlic cloves, crushed
4 thyme sprigs, finely chopped
50 ml brown vinegar or red wine vinegar
115 g toasted breadcrumbs
2,5 m sausage casings (that fit your sausage funnel)

HOMEMADE BAKED BEANS

In a pot, combine haricot beans, chicken stock and bay leaf, and bring to the boil. Turn down the heat and simmer for 90 minutes, skimming the surface every 10 minutes to remove foam. Preheat the oven to 130°C. In a large ovenproof saucepan, sweat onion in oil until translucent. Stir in the beans and all the other ingredients. Place the pan in the oven and cook for 8 to 10 hours or until the beans are tender. Stir every hour to prevent the beans from burning

Serves 4-6

250 g dried haricot beans, soaked overnight and drained
1 l chicken stock
1 bay leaf
1 small onion, diced
splash of cooking oil
30 ml dark molasses
5 ml English mustard
50 g brown sugar
50 g tomato sauce
200 g tinned tomatoes, chopped

