Boerewors – A Family Recipe

U.S. | Ingredient | Metric |
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5.5 lb | Pork meat, 30% fat | 2500.0 g |
3.5 lb | Beef, chuck, lean | 1500.0 g |
2 tsp. | Salt | 14.0 g |
2 tbs. | Cloves, ground | 12.0 g |
2 tbs. | Nutmeg, ground | 12.0 g |
2 tbs. | Pepper, cracked | 12.0 g |
2 tsp. | Cure #1* | 11.0 g |
4 tbs. | Vinegar | 60.0 ml |
2 tbs. | Worcester sauce | 30.0 ml |

32 mm hog casings

9 lb ← Totals → 4.2 Kg

The original recipe calls for a pinch of saltpetre; Cure#1 has been substituted!

Note: Use metric weight & volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurements.

Method:

1. Separate the fat from the pork and cut it into 5 mm dice (about a 1/5 inch)
2. Cut the beef and pork into cubes and chill to slightly above freezing.
3. Grind the meats using a medium grinding plate.
4. Add the fat, salt and the cure to the meats; mix well. Allow to rest for about 20 minutes to extract the meat proteins...this allows for a firmer sausage!
5. Mix all the dry ingredients together; mix into the meats.
6. Now mix in the vinegar and Worcestershire sauce to the meat paste.
7. Stuff into 32 mm hog casings.
8. Coil (traditional) or link.

Note: Len, It turns out the recipe I sent you was in fact my great grandparents recipe. No one has any idea to the actual date it was developed. I would say it was around the early 1900’s, not too sure though. My grandparents are South African and they used to make this a lot - you have my permission to put it on your site.Regards Nigel

Nigel Pedersen - Seaspray, Victoria, Australia
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