

BOEREWORS
[LEN'S FORMULATION] 

U.S.	Ingredient	Metric	Wt. Percent
4 lb.	Pork	1850.0 g	73.0
1 lb.	Beef	455.0 g	18.0
½ lb.	Pork belly/back fat	225.0 g	9.0
2 Tbs.	Salt	44.0g	1.7
2½ Tbs.	Ground coriander*	12.0 g	0.5
2 tsp.	Worcestershire sauce	10 ml	0.4
2 tsp.	Phosphates	8.0 g	0.3
1 tsp.	Cure #1	6.0 g	0.2
1 tsp.	Liquid Smoke	5 ml	0.2
1tsp.	Red wine vinegar	5 ml	0.2
½ tsp.	Sodium erythorbate	2.3 g	0.15
1 tsp.	Pepper, black ground	2.0 g	0.1
1/3 tsp.	Garlic powder	1.5 g	0.1
½ tsp.	Mace, grated	1.0 g	0.04
½ tsp.	Ground cloves	0.8 g	0.03
½ tsp.	Ground allspice	0.6 g	0.02
	32-35 mm hog casings		



5¾ lb Totals 2.6 Kg

* toast and grind the coriander seeds.

Method:

1. Cut the beef and pork into cubes.
2. Grind the beef and pork separately using a 6.5mm (¼-inch) grinding plate.
3. Thoroughly mix only the ground beef half of the salt; refrigerate.
4. Partially freeze and grind the pork fat using a 6.5mm (¼-inch) grinding plate.
5. Dissolve phosphates and erythorbate in warm water; allow to cool.
6. Now, mix all the fat pork and beef in a large container.
7. Add phosphate solution, vinegar, liquid smoke and Worcestershire sauce; mix well.
8. Combine all the other dry ingredients together and add into the meats.
9. Keeping the meats as cold as possible mix the meat paste until all is well amagulated.
10. Stuff into hog casings.
11. Coil (traditional) or link to desired length.
12. Allow to air dry for several hours before refrigerating.

Len Poli – Sonoma Mountain Sausage
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