

## Boerewors – A Family Recipe

U.S.	Ingredient	Metric
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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