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CHAMPIONSHIP BOEREWORS



SHOPRITE 

Sausage is an old favourite in many countries, from Great Britain's pork bangers to Germany's "bratwurst". However, boerewors is as South African as koeksisters and biltong. It was inherited from the early settlers in the then Cape Colony who combined minced meat and pork fat with spices, like cloves and coriander and preservatives, like vinegar. Over the decades, this evolved to become boerewors - staple fare among South Africans and world-famous. Traditionally braided over the coals, boerewors is also popular amongst tourists and many visitors to South Africa agree - it is delicious and one of a kind.

Shoprite and Checkers' **Championship Boerewors** was the first boerewors to be awarded the South African Chefs Association's prestigious Seal of Approval.

- All our ingredients are fresh and only the best quality spices and casings are used.
- We sell in excess of 20 tons of wors per year. Because of the high demand for our boerewors, we make boerewors on a daily basis to ensure that you always buy a fresh product.
- We hang our boerewors before it is packed to ensure that any excess fluid is drained away. This also makes the boerewors casing drier and more crisp so that it breaks easily when eaten.
- Our boerewors is of a high standard and is always competitively priced.
- Our boerewors is made by experienced and well-trained staff under the supervision of our Meat Market Managers who understand and appreciate the need for a top quality product.
- A comprehensive range of boerewors, wors and braaiwors products are sold through our Meat Markets to ensure that we cater for all our customers' needs.
- Our entire range of boerewors has a meat content of at least 90% - always containing beef, as well as lamb or pork or a mixture of lamb and pork and not more than 30% of the meat content may be fat.

What is the difference between the types of wors?

The difference between boerewors, wors and braaiwors is:

Boerewors - a minimum of 90% meat, of which not more than 30% is fat.

Wors - slightly extended with cereals and wheat extract.

Braaiwors - extended up to 40% with soya.

The different uses for boerewors

- Boerewors is versatile - you can either braai it, grill it in the oven, or fry it in the pan. Serve it with vegetables and rice or on a roll.
- When braaiing boerewors on the grill, ensure that the coals are not too hot as the casing will be pierced and the product will be spoiled.
- Avoid piercing the casing of the boerewors before or during cooking because this can cause the product to lose its moisture and become dry.
- Boerewors is best eaten straight from the braai grill so that the maximum amount of moisture and juice is retained.
- Boerewors is easy to portion and can therefore be stretched further than other meat cuts.

What can you expect from our Meat Markets?

- Service - You can buy pre-packed boerewors, but if the size of the package is not sufficient, our helpful Meat Market staff will pack the size that you require.
- Consistent quality - Only feedlot beef is used in our Meat Markets to ensure consistent quality and taste.
- Only meat from animals slaughtered and graded under the highest standards is used in our Meat Markets.
- Sell-by-dates ensure freshness.
- Quality and price - The best quality end price is ensured due to our supermarket group's infrastructure and buying power. We negotiate the best prices with producers so that we can offer our customers lower prices.
- Customer loyalty - Most customers prefer Shoprite and Checkers' range of boerewors.

Boerewors and bacon loaf

(Serves 5-7)

Bread dough:

360g cake flour

10g instant yeast

5ml (1 tsp) sugar

5ml (1 tsp) salt

500ml luke warm water

(If you are pressed for time, buy bread dough from your local Shoprite or Checkers supermarket)

Filling:

5ml (1 tsp) oil

1 medium onion, finely chopped

100g sweet chilli sauce

2 x 300g thick Championship Boerewors

300g bacon, cut in small pieces and fried

150g mushrooms, roughly chopped and gently fried to remove excess water

100g feta, crumbled into large chunks

Flour to garnish



1. Preheat the oven to 180°C.
2. To make the dough mix together cake flour, instant yeast, sugar, salt and water in a bowl. Knead for 10 minutes to form a soft dough. Transfer to an oiled bowl and cover with cling wrap until double in volume.
3. Knock the dough down, roll out into a square of 30x25cm. Heat the oil in a pan and fry the onion until caramelized. Spread the sweet chilli sauce evenly over the dough and sprinkle bacon pieces, onion, mushrooms and feta onto the dough horizontally in a line across the centre.
4. Roll the dough as though one was rolling a swiss roll. Cut off both edges and cut a few diagonal lines on top of the dough. Place seal side down in baking tray. Sprinkle with flour. Allow bread to rise for 10 minutes before baking so that dough is soft to the touch. Bake in preheated oven at 180°C for 30-35 minutes.

Boerewors frittata

(Serves 6)

4 medium potatoes, (800g)

5ml (1 tsp) oil

400g thick Championship Boerewors cut into 5cm pieces

1 medium onion, finely chopped

5ml (1 tsp) crushed garlic

50g fresh basil, coarsely chopped

6 large eggs, whisked lightly

$\frac{3}{4}$ cup crème fraiche (180ml)

Salt and freshly ground black pepper to taste

75g cherry tomatoes

Chives, chopped to garnish

1. Preheat oven to 180°C.
2. Grease a 20cm cake pan or ovenproof dish. Steam potatoes until tender, cool slightly, peel and slice thinly.
3. Meanwhile fry boerewors in oil until browned. Add onion and garlic, cook, stirring until onion is soft. Remove from the heat, stir in the basil.
4. Place half of the potatoes in prepared dish, top with half the boerewors mixture, add remaining potatoes and top with remaining boerewors mixture.
5. Mix the eggs and crème fraiche together.
6. Pour combined egg and crème fraiche over boerewors and potatoes, season to taste.
7. Sprinkle with chives and cherry tomatoes.
8. Bake in the oven for 35-40 minutes or until frittata is set and just cooked through.
9. Allow to cool for 5 minutes before serving.





Boerewors and pap kebabs

(Makes 7)

Mielie pap:

400ml water

Salt to taste

200ml maize meal

100g spinach, washed thoroughly, cooked and drained

250g smooth cottage cheese

100g canned corn, drained

2ml fresh red chilli, finely chopped

500g thick Championship Boerewors

60ml Steers barbeque sauce

75g cherry tomatoes

Fresh basil leaves

1. Preheat oven to 180°C if you are going to bake the kebabs instead of braaiing.
2. Bring water to the boil. Add the salt and maize meal. Mix with a fork to get rid of lumps. Once blended mix with a wooden spoon. Turn heat to medium low and cook with the lid on for about 30-40 minutes, stirring well from time to time.
3. Mix the pap, spinach, smooth cottage cheese, corn and fresh chilli together and shape into 3cm diameter balls.
4. Brush the boerewors with barbeque sauce and fry each side until browned. Cut boerewors into 5cm pieces. Thread the boerewors, pap balls, cherry tomatoes and basil onto long skewers and bake in preheated oven or braai over coals for 10-15 minutes until golden brown.

Tip: Serve with sweet chilli sauce

Sweet chilli and feta boerewors wrap

(Cover recipe)

(Makes 4)

- 2 medium red peppers
- 60ml olive oil
- 2 cloves garlic, crushed
- Salt to taste
- 2ml freshly ground black pepper
- 1 medium onion, finely chopped
- 4 tortilla wraps
- 150g sweet chilli sauce
- Rocket leaves
- 400g thin Championship Boerewors
- 100g feta, crumbled
- Chives, chopped to garnish

1. Preheat oven to 200°C.
2. Place the peppers in a baking tin and sprinkle with 50ml of the olive oil. Add the garlic, salt and freshly ground pepper, toss with hands to mix well. Roast until peppers are dark in colour. Peel the peppers and slice them thinly. Drizzle with olive oil and set aside.
3. Heat 5ml of olive oil in a pan and fry onion until caramelized. In another saucepan heat the remaining olive oil and fry boerewors until fully cooked. Cut boerewors into 10cm pieces.
4. Heat both sides of wraps for 1-2 minutes or until warm and flexible in a microwave.
5. Spread the sweet chilli sauce evenly over the wraps.
6. Place rocket leaves lengthwise in the middle of the wraps, top with peppers, onion and feta.
7. Place the boerewors lengthwise on top of the rocket, peppers, onion and feta.
8. Fold over a small flap at the bottom of the wrap then fold over the left side of the wrap and roll tightly.
9. Garnish with chives.

Should you have any comments on our range of consumer leaflets, please write to Sarita van Wyk at:
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