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CHAMPIONSHIP BOEREWORS



SHOPRITE 

Championship Boerewors

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 braaiied 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.



Mushroom and Boerewors Pie

(Serves 6)

about 600 g Championship Boerewors

15 ml (1 Tbsp) cooking oil

1 medium onion, sliced

250 g button mushrooms, sliced

60 g packet Ritebrand mushroom soup

500 ml (2 cups) milk

250 ml (1 cup) water

250 g frozen peas

15 ml (1 Tbsp) freshly chopped parsley or 5 ml (1 tsp) dried salt and freshly ground black pepper to taste

2 x 400g packets of Today puff pastry

1 egg

- Preheat oven to 180°C.
- Fry the boerewors in a pan with a little water until cooked and brown on both sides. Remove from pan. Add the oil, onion and mushrooms to the frying pan and sauté for about 2 minutes.
- Whisk the soup powder with the milk and water until dissolved and add to the frying pan. Cook the mixture for about 10 minutes or until thick. Add peas, parsley and seasoning. Cut the boerewors into 2cm pieces and mix into the sauce mixture.
- Place rolled pastry into base of a greased, medium ovenproof dish.
- Spoon filling into lined pastry and cover with the second rolled pastry. Secure the edges of the two pastry layers and decorate the pie with leftover pastry. Brush the pastry with beaten egg. Bake in preheated oven for about 30 minutes or until pastry is crisp and golden brown.



Glipsies and Potato Wedges

(Serves 4)

4 wooden skewers

about 200 g thin Championship Boerewors

about 250 g rindless streaky bacon

125ml (½ cup) smoky barbeque marinade

Wedges:

4 large potatoes cut into wedges

45 ml (3 Tbsp) cooking oil

1 ml (pinch) ground paprika

10 ml (2 tsp) dry mixed herbs

salt and freshly ground black pepper to taste

- Soak skewers in water to prevent burning. Preheat oven to 180°C or heat coals to medium.
- Cut boerewors into 4 pieces of about 10 cm each. String the one side of the bacon through the skewer. Push the skewer lengthwise into each piece of boerewors. Twist the attached bacon around the boerewors and secure the end piece into the skewer.
- Brush with marinade and place on a greased baking tray. Bake in preheated oven or braai over coals for about 15 minutes.

Wedges:

- Mix the potatoes with oil, paprika, mixed herbs and seasoning and layer in an oven pan. Bake in preheated oven for about 20 minutes. Serve with glipsies.



Boerewors Cottage Pie

(Serves 4-6)

5 ml (1 tsp) cooking oil
about 600 g thick Championship Boerewors cut into 5 cm pieces
1 small onion, chopped
1 clove garlic, crushed
2 large carrots, cut into 1 cm slices
410 g can chopped and peeled tomatoes
15 ml (1 Tbsp) cornflour
200 ml ($\frac{3}{4}$ cup) beef stock
salt and freshly ground black pepper to taste

Mash:

5 large potatoes, peeled and chopped
60 g butter or margarine
100 ml milk
salt and freshly ground black pepper to taste

- Preheat oven to 180°C.
- Heat oil and fry boerewors until cooked and brown on both sides. Add onion and garlic and sauté until soft. Add carrots and tomatoes to the mixture.
- Dissolve cornflour into the stock and add to the boerewors mixture. Simmer for about 30 minutes, stirring frequently.

Mash:

- Boil the potatoes until soft. Add butter, milk and seasoning and mash until smooth texture.

Arrange the boerewors mixture into an ovenproof dish and spread the mash over to cover the mixture. Bake for about 30 minutes or until the mash turns golden brown.



Boerewors Pizza

(Serves 2)

about 300g Championship Boerewors

2 pizza bases (Today)

60 ml (¼ cup) fruit chutney

125 g Cheddar cheese, grated

½ green pepper, seeded and sliced

¼ onion, sliced

1 medium tomato, sliced

15 ml (1 Tbsp) chopped fresh origanum or 5 ml (1 tsp) dried

- Preheat oven to grill.
- Fry boerewors in a pan with a little water until cooked and brown on both sides. Remove from pan and cut into 2 cm pieces.
- Place pizza bases onto greased baking sheet and spread equally with chutney. Sprinkle with cheese and arrange the boerewors, pepper, onion and tomato on top.
- Sprinkle with origanum and place under the grill for about 8 minutes until cheese is melted and slightly browned.

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