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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 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.



## Boerewors Breakfast Rolls

(Serves 4)

**4 hotdog rolls** (white or whole wheat)

**30 ml hot english mustard / sauce of choice**

**6 large eggs**

**200 ml milk**

**salt and freshly ground black pepper to taste**

**5 ml butter**

**about 600 g Championship Boerewors, cut into 18 cm slices**

**1 tomato, cut into small cubes**

- Cut open each roll through the middle length ways. Spread with mustard or sauce of choice.
- Whisk the eggs, milk and seasoning together.
- Melt the butter in a heated pan and scramble the egg mixture over medium heat for about 4 minutes. Remove from the heat.
- Fry boerewors in a pan with a little water until cooked and brown on both sides.
- To assemble the roll, spoon the scrambled egg into the hotdog roll, arrange the boerewors in the scrambled egg and top with fresh tomato pieces.



## Boerewors Baked Potato *(Serves 6)*

15 ml cooking oil

1 medium onion, finely chopped

2 celery sticks, finely chopped

410 g tin peeled and chopped tomatoes

45 ml tomato puree

125 ml water

about 300 g thin Championship Boerewors

6 large potatoes

salt and freshly ground black pepper to taste

125 ml grated cheddar cheese

**Sauce:** Heat oil and sauté onions and celery until soft. Add the chopped tomato, tomato puree and water and simmer for 5-10 minutes. Set aside.

- Heat a frying pan and fry the boerewors with a little water until browned on both sides. Remove from pan and cut into 3 cm pieces.
- Rinse the potatoes in cold water and prick with a fork. Rub the potatoes with salt and pepper and cook in the microwave for about 12 minutes at 900W power. Allow to cool slightly.
- Cut a shallow cross in the top of each potato and squeeze from the sides so that the top opens up. Press 4 pieces of boerewors into each potato, so that it slightly sticks out the top. Spoon the sauce into the cavity and sprinkle with grated cheese.
- Place the potatoes on a baking tray under the grill for 10 minutes, until the cheese has melted and slightly browned.



## Boerewors Spicy Rice (Serves 4)

**about 400 g thin Championship Boerewors**

**1 medium onion, chopped**

**1 medium green pepper, chopped**

**15 ml packet Robertsons Spice for Rice**

**1 chilli, deseeded and finely chopped**

**410 g tin chickpeas, drained**

**4 cups cooked brown/white rice or ½ cups raw brown/white rice**

**1 tomato, chopped**

**45 ml chopped fresh parsley or 10ml dried**

**salt and freshly ground black pepper to taste**

- Fry boerewors in a pan with a little water until cooked and brown on both sides. Remove from the pan and cut diagonally into 1 cm pieces.
- Sauté the onion and green pepper in the same pan until soft. Add the spice, chilli, chickpeas and cooked rice and stir fry for 5 minutes.
- Add the boerewors, tomatoes and parsley and stir through. Season to taste and serve.



## Fruity Boerewors Casserole

(Serves 6)

10 ml cooking oil

2 medium onions, sliced

about 600 g thick Championship Boerewors, cut into 3cm pieces

3 medium potatoes, peeled and cubed

250 ml beef stock

30 ml cake flour

15 ml dried oreganum

salt and freshly ground black pepper to taste

100 g dried apricots, halved

70 g dried prunes, cut into quarters

30 ml vinegar

45 ml fruit chutney

- Heat the oil in a large pan and sauté the onion until transparent. Add boerewors and fry until lightly browned. Add the potatoes and beef stock, cover with a lid and simmer for 10 minutes.
- Stir in the cake flour, oreganum, seasoning, dried fruit, vinegar and fruit chutney. Reduce the heat and simmer another 10 minutes or until potatoes are cooked.
- Serve with fluffy white rice.

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