

## Boerewors - African Farmer Sausage

U.S.	Ingredient	Metric
7.0 lb.	Pork	3629.0 g
3.0 lb.	Beef	907.0 g
4.0 tsp.	Salt	30.0 g
7 ¾ tsp.	Phosphates	20.0 g
12 ½ tsp.	Ground coriander*	23.0 g
1 tsp.	Cure #1	7.0 g
2/3 tsp.	Citric acid	3.0 g
1 ¼ tsp.	Ground pepper	2.7 g
2/3 tsp.	Garlic powder	1.7 g
2/3 tsp.	Ground cloves	1.6 g
1/3 tsp.	Ground dried thyme	1.2 g
1/3 tsp.	Ground allspice	1.2 g
1/3 tsp.	Nutmeg, grated	0.6 g
10.0 Tbs.	Red wine vinegar	140.0 ml
4.0 Tbs.	Worcestershire sauce	55.0 ml
<b>10.6 lb.</b>	<b>&lt; Totals &gt;</b>	<b>4.8 kg</b>



### Method:

1. Cut the beef and pork into cubes.
2. Grind the meats using a medium to fine grinding plate; grind the beef twice!
3. Dissolve phosphates in warm water; refrigerate and allow to cool.
4. Add the salt and phosphates with the meats; mix well.
5. Mix all the other 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. Can also apply a light smoke. But not necessary.

\* Dry toast the coriander seeds in a hot frying pan and then grind fine.

Glenn Shapley/Len Poli  
October 2001