



#603a-S. African Boerwors Sausage Serves 8

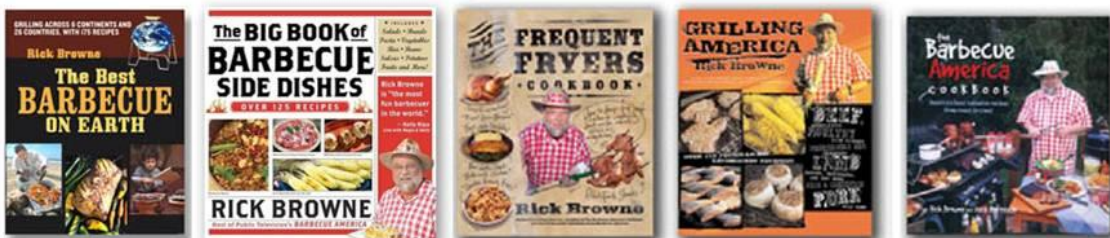
- | | |
|---|--|
| 3 pounds beef coarsely ground beef (chuck or round steak) | 1 clove garlic, finely minced |
| 3 pounds pork coarsely ground pork (loin or Boston butt) | 4 tablespoons Worcestershire sauce |
| 1 pound bacon | 2 tablespoons salt |
| 3 tablespoons whole coriander seeds | 1 teaspoon freshly ground black pepper |
| 1 teaspoon whole cloves | 1/2 teaspoon freshly grated nutmeg |
| 1/2 cup red wine vinegar | 1/2 teaspoon dried thyme |
| 2 tablespoons brown sugar | 1/2 teaspoon ground allspice |
| | 3 to 3 1/2 ounces sausage casings |

In a small skillet over high heat, brown the coriander and cloves, shaking the pan gently from time to time, being careful not to burn them, about 5 minutes. Grind the spices with a mortar and pestle and strain with fine-mesh sieve to remove the husks.

Put the sausage casings into warm water and let them soak for 10 to 12 minutes.

In a large bowl, combine the meat, spice mixture, vinegar, brown sugar, garlic, Worcestershire, salt, pepper, nutmeg, thyme, and allspice, and mix thoroughly with your hands, until all the spices are evenly distributed.

Drain the casings and place one over the mouth of a sausage mill. Gather enough of the casing so that about 3 inches is ready to be filled and tie a knot at that point. It is much easier to have an extra pair of hands; have an assistant hold the casing and guide the meat, while you feed the meat into the casing. Add the meat mixture to the mill in small amounts, while you lightly push on the stopper, to control the flow of the meat into the casings. Form the boerwors with your hand so that it is equally thick all over.





Don't overfill the casings as this can cause the sausages to explode when cooking. Try to eradicate as many air bubbles as possible. Once the casing is full, remove it from the machine and continue to push the rest of the mixture out of the mill and into the casings; knot the casings and set aside.

To cook, grill over a hot fire (350°F.) until the skin is nicely browned but the inside is still moist, turning often, about 12 to 14 minutes.

