

Vark wors



VARKWORS

3kg Varkvleis
30g fyn sout (25ml)
5ml varsgemaalde witpeper
2ml fyn naeltjies
15ml heel koljander
2ml gerasperde Neutmuskaat
150ml asyn
90g derms

METODE:

Skroei eers die koljander, maal en sif dit
Sny vleis in 50mm bloke en meng met res van die bestandele,
behalwe asyn en derms
Maal vleis, voeg asyn by en meng liggies maar deeglik.
Sop derms lossies met die mengsel en draai derm elke 10cm om
worsies te vorm
Lewer sowat 3 kg
***Nota:** Vir 'n fyner tekstuur word die vleismengsel twee keer
gemaal
Jy kan kaas in blokkies van 1cm by sit ongeveer so 250 g is
genoeg

SALAMI / RUSSIANS / CABANOSSA



Salami speserye, vir elke kombuis,
Sonder MSG, Sonder Potassium, sonder kleursel, en sonder al
daai preserveer middels..

7.5 Kg wild of beesvleis
2.5 kg Bees Lyfvet of Brisketvet, of skaapstert
(10kg totaal)
6 eetlepels tafelsout
3 eetlepels Pienksout (red Cure)
1 eetlepel bruin suiker
2 eetlepel Growwe Swart peper
1 eetlepel fyn knoffel
1 eetlepel Paprika
1 eetlepel Rooi peper (Cayene Pepper)
1 teelepel salpeter of Askorbiensuur (Kry sommer by die
apteek)
1 teelepel anys
1/2 koppie droe rooiwyn

Maal die vleis sonder die vet, en vries dit, sny die vet in klein blokkie en vries apart.

Saag dan die gevriesde maalvleis in klein blokkies, en maal dit saam met die vet blokkies deur n 13mm sif..om dit te breek,

Mang al die speserye baie goed deur, en laat staan vir 12 ure in die yskas, of koelkamer. Maal dan alles weer deur die boerewors siffie, 4.5mm -6mm siffie, en stop in derms, of salami derms.laat le in die koelkamer vir nog 24 uur, en hang dan uit vir nog 24 uur om goed af te droog...

Rook dit dan met KOUE ROOK vir 8-12 ure.

Laat hang in n koel plek, om ryp te word vir so 5 dae, dan kan mens begin proe, en geniet

TRADISIONELE BOEREWORS



2kg Beesvleis (beef)
1kg Varkvleis (pork)
20g (50ml) Koljander (Coriander)
2ml Fyn Naeltjies (Cloves)
2ml gerasperde Neutmuskaat (Nutmeg)
30g (25ml) fyn sout (Fine salt)
5ml Varsgemaalde Swartpeper (Black Pepper)
500g Spek (Speck / fatback)
100ml Asyn (Vinegar)
sowat 90g Derms (Casings)

Berei eers die koljander deur dit te skroei, te maal en te sif. Sny vleis in 50mm blokke en meng met die speserye en geurmiddels. Maal die vleis en sny spek in blokkies. Voeg spek en asyn by maalvleis en meng liggies maar deeglik. Stop derms lossies met die mengsel.

Prepare coriander in usual way in pan, grind and sieve. Cut meat in 50mm blocks, mix all with spices. Grind Cut speck in cubes and add to minced meat together with vinegar. Don't overmix. Stuff into casings.

worsrolletjies



500 ml (2 k) koekmeel
2 ml ($\frac{1}{2}$ t) sout

250 g Stork Bake, in blokkies gesny

80 ml ($\frac{1}{3}$ k) yskoue sodawater

30 ml (2 e) suurlemoensap

750 g lam- of varkworsies

1-2 eiers, geklits

tamatiesous, soet mosterd en blatjang om in te doop

Meng die meel en sout in 'n bak. Voeg die STORK BAKE by en vryf dit met jou vingerpunte in tot die mengsel soos broodkrummels lyk. Voeg die sodawater en sap by en meng tot 'n stywe deeg. Vorm in 'n bal, draai in kleefplastiek toe en plaas vir 1 uur in die yskas.

Verhit intussen die oond tot 200 °C en smeer 'n bakplaat.

Rol die deeg op 'n meel-bestrooide oppervlak uit tot 'n reghoek van 3 mm dik. Druk die wors uit hul omhulsels en vorm die vleis tot 'n lang wors. Plaas die vleiswors op een kant van die deeg en vou dit toe. Verf eers die rand van die deeg met 'n bietjie geklitste eier om dit te ver-seël en verf dan die res van die rol daarmee.

Sny die rol in lengtes van 4 cm, pak dit op 'n bakplaat en bak 20 minute tot goudbruin en gaar.

Sit saam met die doopsouse voor.

Lewer 50 worsrolle.

TOAD IN A HOLE



Lekker idee vir jou rol boerewors vanaand. Bedien met

mengelslaai

675g boerewors

120g plain flour

1 tablespoon sugar

1 teaspoon salt

4 large eggs

240ml milk

1 tablespoon yellow mustard

Preheat an oven to 205°C.

Lightly butter a medium well-seasoned cast iron pan. Put the boerewors in the skillet, and bake until almost cooked, about 15 minutes.

Meanwhile, Whisk the flour, sugar, and salt together in a medium bowl. In another bowl, Whisk the eggs, milk, and mustard until blended. Whisk the liquid ingredients into the dry, just until you have a slightly lumpy thin batter.

Carefully, pour the batter over the partially-cooked wors and bake until the batter puffs and is crispy, and brown, about 25 to 30 minutes more.

Serve the Toad-in-the-Hole, hot, in the pan

Authentic spanish Paella



3 cups bomba or calasparra rice (arborio risotto works as a substitute)

8 cups chicken stock

1 large onion, diced

3 garlic cloves, minced
1 large bell pepper, diced
10 -15 flat green beans
4 plum tomatoes, diced
0.5 (4 ounce) can tomato paste
15 large shrimp (feel free to add clams, calamari, prawns or mussels)
2 -3 lbs rabbit
4 links chorizo sausages, frito sliced into 1 inch pieces
1/2 cup fresh parsley
2 -3 tablespoons fresh thyme
1/2 tablespoon paprika
1 pinch saffron
3 lemons, quartered

Directions:

1 It's best to have all of your ingredients prepared before you start cooking.

2 Prepare the rabbit by separating the legs, cutting remaining meat into small slices and lightly salting. (In my area rabbit is seasonal. During the summer and fall I substitute with chicken legs).

3 I peel my shrimp, leaving only the tail and then salt them. In Spain they tend to leave the shrimp unshelled.

4 I always try to make my chicken stock from scratch (time permitting), adding a bit of rosemary, a tiny pinch of saffron and a bit of thyme. If you're going to use bouillon, I'd recommend at least heating it up with these herbs and then straining before you start.

5 Keep your stock hot but not boiling as you cook.

6 Coat the bottom of your pallera/pan with olive oil.

7 Brown your chorizo over high heat for 1-2 minutes. Do not

fully cook, just get the outside well browned. Set aside. This should add a nice red color and a hell of a flavor to your oil.

8 Brown the Rabbit for 2-3 minutes. It should not be fully cooked. Set aside.

9 Brown garlic, onion and bell pepper until they're softened, adding plum tomatoes shortly before the mixture is finished.

10 Push the vegetables to one side of the pan and on the other add the half can of tomato paste. Caramelize it, flipping it and spreading it until it begins to loosen (1-2 min over high heat).

11 Mix all of the vegetables and meats together with the caramelized tomato paste also adding the paprika, parsley and thyme.

12 Add rice, mixing together and stirring as the rice browns (1-1 1/2) minutes. As the rice browns mix in the saffron. Make sure to break it between your fingers and stir it in to release all those tasty oils.

13 When the rice is slightly translucent add enough chicken stock to cover the whole mixture. If it's been kept warm, it will begin to boil almost immediately. Lower to a medium heat but keep it at a steady boil.

14 This is where paella is made and broken. I stir a few times in the first 5-10 minutes, adding broth as necessary to keep the rice fully covered. After this you must let the paella SIT! Let it cook another 10-20 minutes (I find that this step takes longer on a stovetop), adding broth bit by bit to keep the rice submerged until the rice on the top is al dente. Don't worry about rice burning to the bottom, this part (which actually has a name which escapes me at the moment, it's something like socarrat) is a tasty delicacy.

15 Once you've stirred the paella for the last time and are letting cook, when you have about 8 minutes left to cook lay shrimp on top, turning over after 2-4 minutes to cook other side.

16 When the rice on top is still quite al dente, take paella off of heat and cover. You must let it sit for 15-20 minutes. I've taken the lid off prematurely and ended up with a crunchy mess. Patience is the key.

17 Once you're sure it's ready uncover, garnish with lemon wedges and enjoy

Smothered Cabbage with smoked Sausage and Peppers



Ingredients

400g smoked sausage
1 480g bag coleslaw
1/2 cup chicken broth, low sodium
1 clove garlic, minced
1 green bell pepper, sliced
1 red bell pepper, sliced
1/2 white onion, sliced
2 teaspoons creole seasoning
2 teaspoons black pepper
2 teaspoons garlic powder
2 teaspoons onion powder
extra virgin olive oil
hot cooked rice

Instructions

Rinse sausage, slice into 1cm thick slices and set aside.

In a large pan over medium heat add about 1 tablespoon olive oil.

Add sausage to pan and brown about 5 minutes.

Add peppers and onions to pan, season with all the spices, mix well and cook 5 minutes.

Add garlic and cabbage mixture, mix well.

Add broth and cook around 7-8 minutes until cabbage is tender.

Serve over hot rice

Spicy Sausage Skillet



1 Tbsp olive oil

1 lb smoked sausage, sliced into 1/4" slices

2 Tbsp dried minced onion flakes

1 tsp garlic powder

2 cups low-sodium chicken broth

1 (10 oz) can Rotel tomatoes

1/2 cup heavy cream

8 oz campanelle pasta (or penne)

1/4 tsp salt

1/2 tsp pepper

1 cup Monterey Jack cheese, shredded

1/3 cup thinly sliced scallions

Heat olive oil over medium high heat in a 12-inch oven safe skillet until hot. Add sausage and cook until lightly browned.

Add onion flakes, garlic powder, broth, tomatoes, cream, pasta, salt and pepper and stir. Bring to a boil. Reduce heat to low and cover skillet. Simmer for 15-20 minutes, until pasta is tender.

Remove skillet from heat and stir in half of the cheese. Top with remaining cheese and sprinkle with scallions. Broil until cheese is melted and bubbly.

Boerewors casserole yummy!!



500g boerewors

2 uie ringe gesny

2 huissies knoffel klein gesny

1 kool gesny (ek het Chinese kool gebruik)

1 koppie gevriesde ertjies en of wortel

Sout peper en bietjie steak & chop spice na smaak

Water soos nodig

Braai boerewors en sny in stukkies, braai in die vet van wors die uie en knoffel.

Gooi wors terug en voeg die groente by, spice na smaak en gooi net bietjie bietjies water by.

Laat vir 20min gaar word en serveer oor aardappels of rys!

pofadder



Kry die harslag van 'n bok, skaap of springbok
Haal die vliese van die lewer ,hart en niere af en maak skoon
soos normaal .

1 Groot ui

Lewer, hart & niere

Vetderm skoongemaak en met koue water deugespoel

Sout – na smaak

Peper – nasmaak

Worcester sous – na smaak

Grof gemaalde geroosterde koljander – 1 teelepel

Sny die ui in kwarte

Sny die lewer , hart en niere in blokke van +/- duim blokkies

Voeg bogenoemde in jou voedselverwerker

Voeg speserye by en en kap met die metaal lem totdat die
inhoud korrelrig is en nie 'n totale pappery nie.

Bind die onderkant van die vetderm toe met 'n toutjie of
hierdie draadjies vir plestieksakkies .

Sny die bekgedeelte van 'n 2liter plastiek koeldrankbottel af
sodat dit 'n tregter vorm .

Bind die bokant van die vetderm vas waar die prop van die
bottel moet wees .

Skep nou die inhoud van die voedselverwerker met 'n koppie of
ander gabba en stop die pofadder . Onthou dit moet nie
stokstyf wees nie anders gaan dit bars , so 75 % vol .

Daar gaan vulsel oorbly waarvan jy later koekies mee kan bak .

Braai oor matige kole soos wors . Jy sal sien as die pofadder
begin vaal en styf word is dit reg .

Groete uit Namibie

Barry Husselmann