

XCentric Ideas

“War without fire, is like SAUSAGE without mustard.”

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Recipes from Internet

Using sausages...

I have mostly use Boerewors sausages in this issue.

But you can use ostrich, vegetarian, chicken, lamb or pork.

These are just a few recipes to inspire you. A packet of sausages do not have to be bbq'd.





Boerewors Cottage Pie

This is only a suggestion. Use your normal cottage pie recipe, but instead of mince, use sausage pieces. Below is my version:

Boerewors (or any other sausage) pieces
Tomato-Onion relish
Tin chickpeas, drained
Herbs and seasonings to taste
Mash (or Smash)
Grated cheddar cheese

Fry the sausage pieces, added tomato-onion relish together with tin of drained chickpeas and let it simmer till cooked. Spoon into a baking dish, top with Smash or mashed potatoes and sprinkled grated Cheddar cheese on top. Baked it in oven till nice and golden brown on top. *Serve with salad or vegetables.*



Boerewors Mac 'n Cheese

This is only a suggestion. Use your normal mac 'n cheese recipe and use sausage pieces. Below is my version:

Macaroni, cooked, drained
Boerewors pieces (or any other sausage), fried in pan till brown
Cheese sauce
Spices / seasonings to taste
Grated Cheddar cheese

Mix the macaroni, sausage pieces, cheese sauce and seasonings together in an oven dish. Sprinkle with cheese and bake till golden brown and crispy on top. *Serve with crisp green salad, vegetables or crusty garlic bread.*

Chorizo Onion Bread

Nataniël made a similar bread on TV and I was so inspired. Use a chorizo sausage or a frankfurter or Russian sausage. Such a cool idea!!

500g self raising flour
500 ml buttermilk
1 onion, peeled, chopped roughly
1 wheel Feta cheese, chopped up (about ½ cup)
1 ½ cups Cheddar cheese, cubed!! (important to cube, not grate)
1 x 60 g packet white onion soup powder
2 long chorizo sausages (or frankfurter/Russian) – it must be straight, not curved
Salt, pepper to taste

Preheat oven to 180 oC. Grease 2 smallish bread pans.

In a food processor with the dough hook, mix the self raising flour, onion, soup powder, salt, pepper and buttermilk till it forms a ball. (or mix by hand).

Fold in the feta cheese and cheddar cheese cubes. Fill each bread pan halfway with the dough mixture. Place a chorizo/frankfurter/Russian in the centre of the dough, don't let it touch the short sides of the bread pan. Fill up the pans with rest of bread mixture.

Bake for 50 minutes. Test and if done, remove from oven. Let rest for a few minutes, then gently turn out onto cooling rack. With a bread knife, slice slowly.





Boerewors and Apple Pot

- 1 packet boerewors (or any other sausage)
- Oil
- Worcestershire sauce
- 2 Granny Smith apples, peeled, cored and cut into big chunks
- 1 onion, peeled and cut into big chunks
- ± 1 cup boiling water
- 1 tbsp curry powder (or other spices)
- Black pepper

Cut the sausage into pieces. In little oil on high heat in pan, fry the sausage till brown with a few splashes Worcestershire sauce. Add the apples, onions, boiling water, curry powder & black pepper, put lid on, reduce heat and simmer till sausage is cooked. Remove the lid and simmer till most of liquid is gone. Serve on mash, pap, rice or just with veg/bread.



Boerewors meatballs

I've seen Jamie Oliver do this on TV and thought ... that's so clever! Boerewors sausages and most pork sausages are already seasoned.

Sausages

Olive oil

Heat a large saucepan and add a few glugs of olive oil. Snip the sausages apart, then squeeze and pinch the meat out of the skins so that you get little meatball shapes – don't make them too big or they will take too long to cook. Don't worry about rolling them into perfect balls and making them look all fancy – rough and rustic is good! Put them into your pan. Keep frying and turning the meatballs until they're golden brown and cooked through.

You can keep them as meatballs and serve them with mash / rice. Or you can make a pasta sauce and add the meatballs to that.



Boerewors Sausage Rolls

Packet puff pastry, thawed
Packet boerewors (or any other sausage)
Beaten egg

Preheat oven to 180oC. Fry sausages in pan till cooked and brown (in their casings). Cut the pastry in half (no need to roll it out). Cut each pastry half in long strips. Cut cooked sausages in about 7 – 8 cm pieces. Wrap each strip around a piece of sausage. Brush each roll with egg. Place sausage rolls on greased baking sheet. Bake till pastry is golden brown and puffed up. (probably about 20 minutes.)



Vienna Apple Onion Cheese Quiche

2 small red apples, peeled, cored and cut into chunks
6 Chicken Viennas, sliced (or other viennas)
1 onion, finely chopped
2 large eggs
½ cup milk
1 ½ cup grated Cheddar cheese
Meat rub spices (or other spices)
Black pepper

Preheat oven to 180oc. In a bowl, mix together the apples, viennas, onion, spices and pepper. Beat eggs & milk together. Add egg-milk mixture to the vienna mixture. Pour into a pie dish. Sprinkle with Cheddar cheese. Bake for about 30 minutes (or till centre of quiche is set).

Serve with salad, bread or vegetables.

Boerewors Vegetable Stew



12 beef (or other) sausages
400g frozen country-style mixed vegetables, thawed (or fresh vegetables)
100 g Cheddar cheese, grated
1 x 420g can condensed cream of mushroom soup (or other soup)
Seasonings

Preheat oven to 150oC. Using a cast iron pot (suitable for oven too), fry the sausages first on the stove in the pan till brown. Add all other ingredients. Cover and bake for 45 minutes. Remove the lid, stir and bake for a further 15 minutes.

Serve with rice, couscous, bread, mash or pasta.

Butter Chicken Boerewors

Wait.. What?? Yes, I know this sounds a bit weird. But I've had this packet of spices (bought from Pick 'n Pay) and I had boerewors sausages. And I really wanted to use both ... so I did. As you can see the cream added to the tomato mixture made it look a bit weird, but trust me ... the taste is just awesome! If you can't find these spices, use any other butter chicken spices. This sauce is so amazing I'm going to make it tonight as a pasta sauce with seafood mix and fish pieces.

800g boerewors (or other sausage) cut into about 8 cm pieces
2 tbsp Cape Herb & Spice Exotic Spices Butter Chicken mix spices
1 tbsp crushed garlic
1 x 410g tin chopped tomatoes
1 large onion, cut into pieces
125 ml fresh cream
2 tbsp tomato paste
Dried curry leaves (optional) – about 6

In cast iron pan on stove on high heat, dry fry your sausage pieces. They will make their own oil. Fry without lid till they are nicely browned on both sides. Remove from pan and keep aside. To the sausage 'oil', add the onion pieces, garlic and butter chicken spice mix and without lid, stir for about 4 minutes.

Add the browned sausage pieces and tomato paste. Sauté this without lid for about 5 minutes. Add the tinned tomatoes (and curry leaves). Put lid on and simmer for about 10 minutes on medium heat.

Add the cream. With lid on, simmer for another 10 minutes. Serve with rice, bread or couscous.



Recipe by: Alma Pretorius