

shisanyama boerie

INGREDIENTS

Prep Time: 15mins Cook Time: 25 mins

- OBC Boerewors
- Long buns
- A Large Onion
- Tomato Paste (50g)
- OBC Cooking Oil (2 table spoons)
- Chillies (1 chopped)
- Mustard (1 teaspoon)
- Salt (1 teaspoon)
- Pepper (1 teaspoon)
- 1 Cup of water (250ml)

DIRECTIONS

1. Light your braai and wait for the coals to turn white.
2. Add oil to your skillet and place on the fire. As soon as oil is hot enough, add onions and fry until soft and translucent.
3. Once onions are soft, add chopped chillies.
4. Add tomato paste, salt, pepper, mustard and water. Mix thoroughly and simmer for 5 minutes then remove.
5. Spread your coals out to lower the temperature (Medium to low). Place your Boerewors sausages on the grill. You want to grill the sausages slowly to void it bursting and loosing the juices into the fire. Grill time: at least 10 - 15 minutes.
6. Build your Boerewors roll. Cut your bun. Place your Boerewors sausage into bun. Add Onion & Tomato sauce

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