

Boerewors (South African Sausage)

Yield: 3 min
Total Time: 158 min

Recipe from: <https://www.recipeschoose.com/recipes/best-south-african-boerewors-recipe>

Ingredients:

- 2 pounds beef top round roast or brisket, trimmed of sinew
- 1 pound pork shoulder butt fatty, neck or stomach
- 1 tablespoon coriander seeds ground
- 1 tablespoon salt
- 1/2 teaspoon ground allspice
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1/4 cup malt vinegar

Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 300 milligrams
4. Fat: 62 grams
5. Fiber: 1 grams
6. Protein: 83 grams
7. SaturatedFat: 24 grams
8. Sodium: 2800 milligrams
9. Sugar: 3 grams
10. TransFat: 3 grams

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