

# The Hirshon South African Monkey Gland Steak Sauce

Yield: 4 min  
Total Time: 30 min

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

## Ingredients:

- 1 onion large, finely chopped
- 4 garlic cloves chopped and crushed
- 1 tablespoon fresh ginger grated
- 3 tablespoons salted butter
- 1/2 cup chutney Major Grey's-style
- 1/2 cup tomato puree
- 1 tablespoon soy sauce
- 2 tablespoons Dijon mustard
- 1 tablespoon cider vinegar
- 2 tablespoons worcestershire sauce
- 3 tablespoons ketchup
- 5 tablespoons port wine
- 1 teaspoon Tabasco or more to taste
- 1/3 cup chicken stock preferably homemade
- 2 tablespoons red wine
- 2 teaspoons hot smoked paprika or sweet, according to your taste preference – buy it from Amazon here
- brown sugar optional
- salt optional
- black pepper optional

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 25 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams

6. Protein: 4 grams
  7. SaturatedFat: 6 grams
  8. Sodium: 870 milligrams
  9. Sugar: 32 grams
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