

## **IWISA NO.1 BOEREWORSE PAP & GRAVY**

### **INGREDIENTS:**

#### **For the Pap:**

**20 cups Iwisa No.1 Super Maize Meal, 5 Litres Nyala Super Maize Meal, approx.  
4 kg  
40 cups of water, approx. 10 litres  
10 teaspoons (50 ml) salt, approx. 50 g**

#### **For the Gravy:**

**40 tablespoons, approx. 600 ml olive oil  
30 cups white onions, diced, approx. 4.5 kg  
8 kg tomatoes, chopped and diced  
30 tablespoons tomato sauce  
20 tablespoons Worcestershire Sauce  
10 tablespoons brown sugar  
10 cups water approx. 2.5 litres  
Coarse salt and black pepper, to taste**

#### **For the Boerewors:**

**10 kg boerewors (preferably in loops)**

### **METHOD:**

#### **For the Pap:**

- 1. Bring the water to a boil: In one or more very large heavy-bottomed pots, bring the 40 cups of water and 10 tbsp coarse salt to a vigorous boil. Gradually add the 20 cups of Iwisa No.1 Super Maize Meal while stirring vigorously with a large wooden spoon or whisk to prevent lumps. Stir until smooth.**
- 2. Simmer until cooked: Reduce the heat to medium-low, cover securely with lids, and simmer. Open the pots to stir occasionally, then reseal. Cook for about 30 minutes, or until the pap is thick, smooth, and cooked through (it should pull**

away from the sides of the pot). If dividing into batches, ensure even distribution.

**For the Gravy:**

- 1. Sauté the onions:** In one or more large pans or Dutch ovens, heat the 40 tbsp olive oil over medium heat. Add the 30 cups diced white onions and cook for 8–10 minutes per batch, stirring frequently, until golden brown.
- 2. Add tomatoes and simmer:** Add the 8 kg chopped tomatoes, 30 tbsp tomato sauce, 20 tbsp Worcestershire sauce, 10 tbsp brown sugar, and 10 cups water. Simmer for about 30 minutes, stirring occasionally, until the sauce thickens and most of the liquid reduces. Season with coarse salt and black pepper to taste.

**For the Boerewors:**

- 1. Grill the boerewors:** Heat a large grill, griddle, or multiple stovetop pans over high heat. Cook the 10 kg boerewors (in loops or sections) for about 5 minutes per side, turning once. Avoid pricking the sausages to retain the juices. Work in batches if needed to prevent overcrowding.
- 2. Rest before serving:** Remove from the heat and allow the boerewors to rest for 5 minutes to let the juices redistribute.
- 3. Serve together:** Portion the hot pap onto plates, top with gravy, and add sliced boerewors. Serve immediately.