



Boerie Rolls



Servings: 4
Total Time: 45 mins
Cooking Time: 35 mins



INGREDIENTS

For the Tomato Onion Mush

1 large onion, peeled, quartered & sliced
 1 Tbsp light olive oil or coconut oil
 1 Tbsp butter
 1 tsp finely chopped garlic
 ¼ tsp dried basil
 ¼ tsp dried origanum
 3 ripe tomatoes, diced
 ½ tsp finely chopped chillies (optional)
 1 tsp paprika paste (or ½ tsp powder)
 1 Tbsp tomato paste
 1 tsp barbeque spice
 400g tin peeled & diced Italian tomatoes with juice
 freshly ground salt & pepper, to taste

For the Boerewors Rolls 4 Crusty Portuguese Rolls* butter, for spreading

400-600g boerewors (100-150g per roll)
 1 tsp light olive oil or coconut oil
 ½ tsp barbeque spice

100g Cheddar or Gouda cheese, grated



LCHF
B Use the *Banting Buttermilk Seed Loaf** (var) recipe to make rolls.

VARIATION

Leave off the cheese for a less rich version.

METHOD

In a large frying pan on a high heat, melt the olive oil & butter and fry the onion for 2 mins until soft and golden brown.

Add the garlic, basil, origanum & diced fresh tomatoes and fry for 2 mins.

Stir in the chillies, paprika & tomato pastes and barbeque spice, and continue frying for 1 min. Add the tin of tomatoes with the juice and stir. Bring to a boil, reduce the heat and simmer uncovered for 20 mins. Add salt & pepper to taste.

While the tomato onion mush is simmering, slice & butter the rolls.

On a breadboard, rub the boerewors with the olive oil & barbeque spice. Fry on a medium-high heat until brown and to the desired doneness (medium rare is best).

To serve, assemble each roll by adding a portion of boerewors and topping with generous servings of tomato onion mush and cheese.

Close the roll with its lid & serve while hot.



SERVING SUGGESTION

Hold a "Build a Burger or Boerie Roll" lunch or casual dinner for a large crowd by pairing *Boerie Rolls** with *Homemade Hamburgers** and allowing everyone to braai their own meat and assemble their own roll/s.

Prepare & lay out buttered rolls, portions of uncooked boerewors & hamburgers, *Tomato Onion Mush**, *Guacamole**, *Mushroom Sauce**, sliced tomatoes, fried onions, crisp lettuce & grated cheese.



