



PAP AND WORS BAKE

HEAT LEVEL 

Enjoy a taste of South African comfort with our Pap and Wors Bake, a delicious union of maize porridge and savory sausage, baked to perfection for a satisfying and hearty dish.

40 Mins

3 Servings

INGREDIENTS

30 ml (2 Tbsp) cooking oil
About 600 g thin boerewors
1 medium onion, coarsely chopped
1 medium tomato, coarsely chopped
45 ml (3 Tbsp) Spur Durky Sauce
60 ml (¼ cup) Spur Braai Time
60 ml (¼ cup) Spur Grill Basting
5 ml (1 tsp) Spur Seasoning Salt
1,125 l (4½ cups) water
5 ml (1 tsp) salt
375 ml (1½ cups) maize meal
15 ml (1 Tbsp) butter or margarine
200 ml (1 sachet) Spur Cheese Sauce
125 ml (½ cup) finely grated Cheddar cheese
Chopped rosemary for garnishing

METHOD

- 1 Heat oil in a large frying pan.
- 2 Keep sausage in round coil shape, place in pan and fry for about 5 minutes on each side or until starting to brown.
- 3 Add onion and sauté until soft.
- 4 Add tomato, Spur Durky Sauce, Spur Braai Time, Spur Grill Basting, Spur Seasoning Salt and simmer for about 15 minutes, or until sauce starts to reduce.
- 5 Remove from the heat and set aside.
- 6 Making the pap: Bring the water and salt to a boil.
- 7 Add maize meal quickly and whisk constantly to ensure it remains smooth, without any lumps.
- 8 Keep on whisking until the pap thickens.
- 9 Reduce the heat and simmer for about 5 minutes. Stir frequently to make sure it does not burn.
- 10 Add a little water if it becomes slightly dry. Remove the cooked maize from the heat and add the butter.
- 11 Press the warm, cooked maize into the base and sides of a greased 24 cm ovenproof dish.
- 12 Layer the sausage in the round shape and top with the tomato and onion mixture.
- 13 Spoon the Spur Cheese Sauce over the wors and tomato mixture. Sprinkle grated cheese over.
- 14 Place the dish in a preheated oven at 180°C for 15 - 20 minutes, or until golden brown.
- 15 Sprinkle with rosemary and more Spur Seasoning of choice. Leave to set slightly before serving.

