



### WEEKEND BBQ

*with sweetcorn ribs, creamed polenta, sun-dried tomato mayonnaise and Mediterranean tomato smoor*

Serves: 4 | Prep time: 30 minutes | Cooking time: 30 minutes  
Passive time: 1 hour or overnight | Easy to make

### INGREDIENTS

**BBQ meat** // 600g Grabouw boerewors, rolled into 4 discs and skewered // 2 packets spiced Skilpadjies (6 each)

**Ostrich Sosaties** // 650g Ostrich fillet, cut into cubes 100g dried Turkish apricots // 1 medium yellow pepper, cut into chunks // 1 medium orange pepper, cut into chunks

**Ostrich marinade** // 15ml Olive oil // 2 medium onions, chopped // 4 garlic cloves, chopped // 1 cup good quality tomato sauce // 100g Golden sultanas 1/2 cup Muscovado sugar // 1/4 cup balsamic vinegar // 30ml BBQ spice // 1/4 cup Worcestershire sauce // Salt and pepper to taste

INGREDIENTS CONTINUED >>>





**Sweetcorn and polenta //** 2 sweetcorn cobs // 750ml full cream milk // 50g butter // 250ml polenta // Salt and pepper to taste

**Sun-dried tomato mayonnaise //** 2 egg yolks // 15ml Dijon mustard // 250ml Canola oil // 100g Sun-dried tomatoes, chopped // Zest and juice of 1 tangerine // 5ml Spanish smoked paprika // Salt and pepper to taste

**Mediterranean Tomato Smoor //** 15ml Olive oil // 2 medium red onions, chopped // 4 garlic cloves, minced // 1 small aubergine, chopped // 1 small baby marrow chopped // 1 sachet tomato paste // 1 tin chopped tomato // 15ml Muscovado sugar // 100ml prepared chicken stock // Handful of rosemary and thyme, chopped // Salt and pepper to taste

### METHOD

**Ostrich sosaties and marinade //** 1. Pour the olive oil in a saucepan and add the onion and garlic. // 2. Fry until cooked and slightly browned and add the tomato sauce, sultanas, sugar, vinegar, BBQ spice and Worcestershire sauce. // 3. Cook until thickened and blend with a stick blender until smooth. Let cool. // 4. Place your ostrich meat inside a bowl and pour over the marinade and let it stand for approx. 1 hour or overnight // 5. Soak 4 sosatie sticks in water for 10 minutes and drain. // 6. Skewer your ostrich meat with the apricots and peppers and brush with more marinade.

# SWARTLAND WINERY

## BUSHVINE RANGE RECIPES



### BBQ meat

Once your coals are ready, place your boerewors, Skilpadjies and Ostrich sosaties on the grid and braai until cooked and charred. You can brush the sosaties with more of the marinade if you like.

### Sweetcorn ribs and polenta

1. For the sweetcorn ribs, using a very sharp knife, cut each cob into 4 quarters so that the kernels still remain on the cob. // 2. Brush some of the ostrich marinade on the sweetcorn ribs and BBQ until charred and cooked. // 3. Place the milk, butter and seasoning in a pot and bring to the boil. //4. Whisk in the polenta and cook for 5 minutes on a low heat or until it is thick and creamy.

### Sun-dried tomato mayonnaise

1. Place the yolks, mustard, sun-dried tomatoes, tangerine zest and juice, paprika and seasoning in a blender and blend until smooth. // 2. Slowly add the oil until it becomes thick and creamy. // 3. Place in the fridge for 10 minutes and serve

### Mediterranean Tomato Smoor

1. Heat a saucepan on medium heat and add the olive oil to warm.  
2. Add the onions, garlic, aubergine and baby marrow and fry until cooked and slightly browned. // 3. Add the tomato paste and fry for 3 minutes.  
4. Add the tinned tomato, sugar, stock and herbs and cook until thickened. Season to taste and serve.