



RUNDER RECIPES

Creamy Pasta with Biltong & Peppadews

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INGREDIENTS

- 1 Cup fresh cream
 - 1 Garlic clove, crushed
 - 1 Teaspoon smoked paprika
 - 200g Grated cheese (mix gouda/ Parmesan)
 - 250g spaghetti, cooked to package instructions.
 - 100g of Runder biltong powder
 - 40g of Runder biltong slices
 - Thinly sliced peppadews, for serving
 - Fresh basil
 - Salt and black pepper to taste
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INSTRUCTIONS

- Gently warm the cream, sprinkle in the paprika and crushed garlic. Allow to warm for about 4-6 minutes until it's a little thicker.
- Add in the grated cheese and mix until smooth.
- Sprinkle in the biltong powder, seasoning with sea salt and black pepper.
- Separately cook the pasta per the cooking instructions on the pack.
- Then cover your cooked pasta with the creamy cheese sauce.
- Mix in sliced peppadews and the biltong slices.
- Top with fresh basil and more Parmesan cheese.



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Boerewors Shakshuka

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INGREDIENTS

- 2 Tablespoons of olive oil
 - 1 Tablespoon of smoked paprika
 - 500g Runder Boerewors (thick or thin)
 - 1 Handful grated cheese
 - 4 Eggs
 - 1 Tin of tomato and onion mix
 - 1 Tin baked beans
 - 1 Red pepper, diced
 - 1 Tub baby tomatoes, whole
 - 3 Garlic cloves, minced
 - Salt and pepper
 - Baguette for dipping
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INSTRUCTIONS

- Pinch out equal size meat balls from the Boerewors sausage discard the casing. Set aside.
- Heat the oil in a pan, add the garlic and the smoked paprika then gently cook until the oil becomes a deep red colour.
- Add the meat balls and brown on both sides. Once done, remove the meat balls from the pan and set aside.
- In the same pan add the diced pepper and sauté until slightly softer.
- Add the tin of tomato and onion mix, salt and pepper then sauté until mix begins to soften and break down then add the whole baby tomatoes and tin of beans.
- Return the boerewors meat balls to the pan, simmer gently to get the temperature up again.
- Now gently crack the eggs into the pan, trying not to break the yolks. Cover with the grated cheese mix, place the lid on and cook over low heat until the eggs are cooked to your liking.



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Proper South African Boerewors Rolls

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INGREDIENTS

- 500g Runder Boerewors
 - Tomato ketchup
 - Your choice of mustard
 - 2 Onions, sliced
 - 6 Hot dog rolls
 - Chilli sauce or pickeld Jalapeño's
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INSTRUCTIONS

- Start your fire or BBQ in advance. You want your coals to be red hot before cooking your boerie.
- Caramelize your sliced onions in a bit of oil, salt and pepper. Set aside.
- Slice your hot dog rolls down the middle. Butter them if you wish.
- Now cook the boerewors. Make sure the sausage is cooked over high heat so that the sausage casing gets nice and crispy. It should make a cracking sound when you bite it.
- Boerewors can be cooked medium-rare/medium but be sure not to over cook it or it will become too dry and not as enjoyable.
- Cute your sausage to fit your rolls. Then add your toppings.
- Enjoy a proper South African style boerie roll.



Loaded Fries with Biltong and Garlic Sauce

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INGREDIENTS

- 100g Sliced Runder biltong
 - 4 Large handfuls of fries of your choice
 - ¼ Iceberg lettuce, thinly sliced
 - 2 Tomatoes, deseeded, thinly sliced
 - ¼ Cucumber, finely diced
 - ¼ Red onion, finely diced
 - Large handful of grated cheese
 - Homemade or bought garlic sauce
 - Chopped fresh flat leaf parsley for serving.
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INSTRUCTIONS

- Get your oven hot at 200 degrees celsius.
- Cook your fries until nice and golden.
- While your fries cook, slice the iceberg lettuce, tomato, then dice the cucumber and onion.
- Spread the fries across your serving dish and place the sliced biltong on top. Then add the lettuce, tomato, onion and cucumber.
- Cover it all with grated cheese and garlic sauce.
- Put it back in the oven until the cheese is melted.
- Serve with extra garlic sauce and top with freshly chopped parsley.



Easy Peasy Kaas and Biltong Stengels

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INGREDIENTS

- 350g pack ready-rolled puff pastry
 - 100g Sliced biltong
 - Four handfuls grated parmesan
 - Handful of flour for rolling pastry on
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INSTRUCTIONS

- Heat oven to 220 celcius
- Unroll the puff pastry, scatter over a couple of handfuls of grated Parmesan and biltong slices, then fold in half.
- On a lightly floured surface, roll out to the thickness of a €2 coin.
- Cut into about 1cm strips, then twist the strips 3-4 times.
- Lay flat on a baking sheet, sprinkle over more cheese and biltong and bake for 12 mins, or until golden brown.
- Allow to cool, then store in an airtight container for up to 2 days.
- These kaas stengels are very delicate so roll them in kitchen towel before putting into your container.



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Biltong Crusted Lamb Tjoppies

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INGREDIENTS

- 4 Thick lamb cutlets (tjoppies)
 - 1 Bunch of mixed fresh herbs
 - 150g Runder biltong powder
 - 2 Cloves of garlic, minced
 - 1 Tablespoon of olive oil
 - Generous amount of salt and pepper
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INSTRUCTIONS

- Get your braai or BBQ fired up. You are going to want some proper heat to render the fat on the lamb tjoppies until it is nice and golden.
- Lay the chops on a plate or board or in a big bowl and drizzle some olive oil over the tjoppies.
- Now chop your herbs up nice and fine and sprinkle over the tjoppies.
- Throw in the minced garlic
- Season generously with salt and pepper and give the tjoppies a good mix so that they are coated nicely with all the ingredients.
- Sprinkle over half of the biltong dust to coat the outside of the tjoppies.
- Then cook your tjoppies (suggest medium) and make sure your fat is crispy and rendered through.
- Lastly, just before serving, sprinkle the rest of the dust over the tjoppies for an extra meaty kick.