

Recipe No. 19/2013

Monkey Gland Sauce

A little mystery surrounds the origins of this sauce as well as the reason for the name. What is certain is that it is truly South African and not made from monkey glands. A perfect sweet spicy sauce served with braaied steak or juicy beef burgers.

Serves: 6 - 8

Preparation time: 5 minutes

Cooking time: 18 minutes

Ingredients

1 onion, peeled and quartered
2 cloves garlic
10g olive oil
400g tin crushed tomatoes
1 tsp sugar
1 ½ Tbsp balsamic vinegar
½ tsp Tabasco sauce (optional)
150g mild fruit chutney
1 Tbsp Worcestershire sauce (optional)
Salt and pepper to taste

Method

- Chop onion and garlic **3 seconds/speed 5**.
- Add olive oil. Sauté **3 mins/100°C/speed 1**.
- Add remaining ingredients. Cook **15 mins/Varoma/reverse/speed soft**.
- Serve with grilled or braaied steak or a juicy beef burger.

Chef's tip:

- For a slightly smoother sauce, once cooked, take half the sauce out and blend the other half in the TM bowl **5 secs/speed 5**. Place the "set aside" sauce back in TM bowl. Stir **3 secs/speed 2**. Serve.

Brenda Willemse, one of our top consultants, submitted this recipe. Brenda has her club 50 badge and is almost at club 100, which means she has almost sold 100 Thermomix machines. Congratulations Brenda, we love having you on our team.



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