

## THE RECIPE

# Brabantse worstenbroodjes

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CULTURE

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*These are rolls of dough filled with spiced meat.*

Vincent van Gogh's home region of Brabant is worth visiting not only for its natural beauty and rich history, but also for its gastronomy.

Today we are talking about a typical recipe, which you can easily prepare at home. It can be eaten hot or cold, as an accompaniment to an aperitif, as an appetiser, or as a dish in

itself.

### **Ingredients (serves 4)**

#### **For the dough**

*250g flour*

*125ml milk*

*70g butter*

*½ teaspoon dry yeast*

*10g sugar*

#### **For the filling**

*500g minced pork or a mixture of pork and beef*

*25g breadcrumbs*

*2 eggs*

*2 teaspoons of mace*

*1 teaspoon mustard*

*1 teaspoon Worcestershire sauce*

*½ teaspoon paprika*

*½ teaspoon garlic powder*

*½ teaspoon onion powder*

*½ teaspoon nutmeg*

*½ teaspoon black pepper*

#### **Preparation**

Mix the (lukewarm) milk with the yeast and sugar. Place the minced meat in a bowl. Add the spices, Worcestershire sauce, mustard, breadcrumbs, and one egg and mix well.

Place the meat in the fridge while you prepare the dough.

Pour the flour into a bowl, add the milk and butter mixture and knead for 5 minutes.

Divide into 10 balls, cover with cling film and leave to rise for 10 minutes.

Roll out the dough balls into 15cm by 10cm oval sheets. Divide the meat into 10 equal portions. Place a portion of meat on each oval sheet. Roll up the pastry, folding over the thin ends of the roll so that the meat is sealed in.

Place the rolls on a baking tray with the seam of the pastry facing downwards. Preheat the oven to 200°C. Leave the meat rolls to rise in a sheltered place while the oven heats up. Beat an egg and brush the top of the *worstenbroodjes* with it. Place the rolls in the

oven and bake for 30 minutes.

*(Liana Marabini)*