

CHEERS

tops!



RUMP STEAK SOSATIES

These little pieces of melt-in-your-mouth meat can be basted with your favourite braai basting sauce, making them perfectly suited to your taste buds.

WHAT YOU NEED (MAKES 6)

about 600g rump steak
braai salt
6 skewers
your favourite braai basting sauce

WHAT TO DO

Cut the steak into bite-sized pieces that will be very easy to chew. Rather cut them too small than too big.
Season the little pieces of steak with braai salt.
Divide the meat into four equal portions. Using one skewer for each portion, push the pieces of meat onto the stick. Make sure the sharp end of the skewer is pointed away from you, pushing down into the meat on your cutting board. Do not push the sharp end of the skewer towards your face or into your hand.
Braai the sosaties in a grid over hot coals for about 5 minutes, turning them once so they cook evenly.
Remove the sosaties from the grid and baste them with the braai basting sauce. This is easier to do when the sosaties are on a plate and not on a grid over the fire. You can use a basting brush to brush the sauce onto the meat, almost like painting. Or, you can use the back of a spoon or a butter knife. Make sure the sosaties are coated in sauce all over.
Place the sosaties back in the grid. Braai them for another 5 minutes over hot coals, turning them once to make sure the sauce on all sides is sizzling and sticky.

BRAAI LIKE A CHAMPION

To baste means to coat meat in its own juices or some kind of sauce.