

Monkey Gland Sauce

Durban Style

Ingredients:

- 30ml Sunflower Oil
- 1 Onion, finely chopped
- 150ml Tomato Sauce
- 30ml Soy Sauce
- 100ml White Vinegar
- 2ml Mustard Powder
- 10ml Brown Sugar
- Salt
- Pepper

Method:

Sauté the onions in the oil until the onions are translucent. Add the remaining ingredients and simmer over medium heat for at least 5 minutes. Serve hot.

Spicy Style

Ingredients:

- 2 Onions, finely chopped
- 3 Cloves Garlic, crushed
- 50ml Sunflower Oil
- 2 Tablespoons of crushed ginger
- 200gr tinned Tomatoes
- 125ml Chutney
- 10ml Soy Sauce
- 25ml Mustard
- 25ml Worcester Sauce
- 50ml Tomato Sauce
- 75ml Port Wine
- 100ml Vegetable Stock
- 30ml Red Wine/Vinegar
- 1 Tablespoon Tabasco
- ½ Cup of Brown Sugar
- Salt
- Pepper

Method:

Sauté the onions, ginger and garlic in the oil until the onions are translucent. Add the remaining ingredients and simmer over medium heat for 5 minutes. Serve hot.