

Biltong

Yield: 1 serve | **Prep:** 30 min | **Cook:** 23 hr | **Source:** thestranger.online

Biltong is a form of dried, cured meat that originated in Southern African countries (South Africa, Zimbabwe, Malawi, Namibia, Botswana and Zambia). Various types of meat are used to produce it, ranging from beef to game meats such as ostrich or kudu.

The cut may also vary, either fillets of meat cut into strips following the grain of the muscle, or flat pieces sliced across the grain.

It is related to beef jerky in that they are both spiced, dried meats; however, the typical ingredients, taste and production processes may differ.

The word biltong is from the Dutch bil ("buttock") and tong ("strip" or "tongue").

Ingredients

Meat:

- 2 kg beef (top rump, silverside)

Curing Spice Mix:

- 5 tbsp brown vinegar (malt, cider)
- 2 ½ tbsp rock salt (equation: 2% of the meat weight)
- 2 tbsp coriander (seed)
- 1 ½ tbsp sugar (brown)
- 2 tsp black pepper

Notes

23 hours is showing as cooking time but that is simply for you to determine how your meat is hanging and that the air is circulating correctly as you progress further into the process.



Instructions

1. Toast the coriander seeds in a dry pan for 3 to 4 minutes, then grind down in a pestle and mortar or use an electric spice grinder or the base of a saucepan to crush. You're largely aiming for a powder with a few husks remaining.
2. Using a sharp knife and following the grain of the meat, cut into 1" thick lengths and place in a plastic or non-metallic container. Combine all the spices and sprinkle into the meat slits and all over. Sprinkle the vinegar on the whole piece and rub everything in thoroughly whilst constantly rotating the meat in your hands.
3. Cover the container and allow your biltong to cure for 24 hours in the fridge, turning and rubbing through the meat occasionally.
4. Remove the meat from the container and gently pat dry with kitchen towels, ensuring you do not remove too much of the spice mixture from the surface.
5. Add a hook to the thickest end of each length. Plastic-covered paper clips can provide a cheap solution but if you're in this for the long haul I would suggest you find a longer term method. Hang in your biltong box, or in a well aired and ventilated space with a fan blowing gently and indirectly to increase the air flow.
6. Ensure the fan is not pointed directly at the meat to avoid case hardening. Make sure no two pieces are touching. Place some newspaper in the bottom of the box and below the meat to catch any liquid.
7. Drying times will vary depending on humidity, airflow and temperature. Test your biltong every couple of days by squeezing the sides together with clean fingers. If you feel any give in the meat, it's still 'wet' inside.
8. Once ready, cut into thin slices with a sharp knife and enjoy with your choice of beverage.