SOUTH AFRICAN

Biltong

COMPLEXITY	SERVES	PREP	COOK	TECHNIQUE	CUT
Involved	**8**	**30 min + overnight**	**4 days drying**	**Cure**	**Inside round**

Ingredients

- 1.5 kg (3⅓ lb) inside round, in one piece
- 3 tbsp coarse salt
- 2 tbsp coriander seeds
- 1 tbsp black peppercorns
- 2 tbsp brown sugar
- 1 tsp baking soda (bicarbonate)
- 125 ml (½ cup) brown malt vinegar (or apple cider vinegar)
- 1 tbsp Worcestershire sauce

Steps

1. Cut the beef with the grain into strips about 3 cm (1¼ in) thick and 20 cm (8 in) long. Trim away most of the surface fat.
2. Toast the coriander seeds in a dry pan over medium heat for 2 minutes, until fragrant. Crush them coarsely with the peppercorns.
3. Mix the salt, sugar, baking soda and crushed spices in a bowl.
4. Lay the strips in a glass dish and sprinkle the vinegar and Worcestershire over them. Rub the spice mix into every surface.
5. Cover and cure in the fridge for 12 hours, turning once, until the strips look darker and feel firmer.
6. Wipe off the excess spice and any liquid, then pat dry. Hang the strips from hooks or paper clips in a cardboard box with a small fan or a low-wattage bulb for gentle airflow, away from damp.
7. Let the meat dry at room temperature (around 20-25°C or 68-77°F) for 3 to 5 days. Press a strip: it is ready when it is firm outside but still slightly soft inside for a "wet" style.
8. Slice thinly against the grain and serve.

Notes

- **Storage:** keep in paper bags in the fridge for up to 2 weeks, or freeze for months.
- **Drier style:** leave for 7 days, or finish in a 50°C (120°F) oven for an hour, for a crisp, jerky-like result.
- **Humid kitchen?** Use a drying box with a small fan blowing across the meat, or a dehydrator at its lowest setting.
- **Safety:** discard any biltong that turns slimy, mouldy or smells off.
- **Chef's touch:** store it in whole pieces and slice only what you need; cut surfaces dry out and lose flavour fast.