

Traditional South African Beef Biltong

Beesbiltong

Preparation Time	45 minutes + marinating overnight
Drying Time	Around 5 – 10 days, weather dependant

What started out as a way to preserve meat back in the days before fridges and freezers soon turned into a cult snack food, loved and craved by South Africans and people all across the globe alike.

Traditional South African Biltong

Whole Beef Rump or Silverside Roast with a nice thin layer of fat

Coarse Sea Salt

60g per kg Biltong Spice Mixture

Brown Grape Vinegar

Plastic Hooks or Tiebacks

2 10L Food Grade Plastic Buckets

Well ventilated, dark and cool storeroom, garage, cellar or porch area

1. Cut the roast in 25mm (1 inch) by 50mm (2 inch) wide strips. It is nice to have the fat on the thin side, but it is not essential.
2. Sprinkle meat strips with some coarse sea salt and leave for an hour.
3. Place the meat into a 10L plastic bucket and sprinkle with the vinegar. The aim is to slightly wet the meat.
4. Take correct quantity of spice mixture and using your hands rub well onto all sides of the meat.
5. Put the lid on the bucket and let it marinate overnight.
6. In a large pot, bring around 3L of water and 250ml of vinegar to the boil.
7. Taking one strip at a time, dip quickly into the boiling water for a second or so.
8. Place all the “rinsed” strips into the second “clean” bucket.
9. Fix a strong wire or nylon line in your chosen area. High enough to be out of reach of dogs and cats.
10. Let it hang till dry enough to your liking. I aim a domestic fan at the drying biltong as it deters flies, prevent mould forming and aid in drying process.
11. Cut into thin slices and enjoy!