

Biltong - A South African national treasure



Gordon Wright

Origins & History

Different types & styles

Flavour profiles

Basic ingredients

Cuts of meat to use

Drying equipment

Recipe

Demo & Tasting



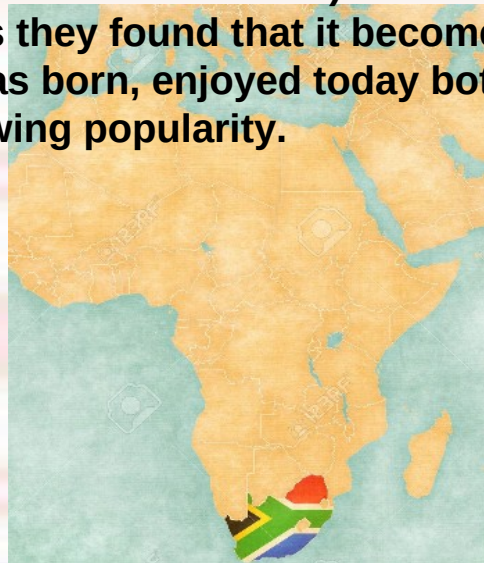
Origins & History

Biltong is a traditional South African beef snack that is cured in a unique way. The word comes from the Dutch *bil*, meaning hind quarter, and *tong*, meaning strip, in this case - a strip of meat. Although it looks similar to American beef jerky, it is quite different in flavour and the method of preparation.

The beef is dried with vinegar which cures the meat and adds layers of texture and flavour. It is seasoned with salt, pepper, and coriander, and the meat is much thicker than beef jerky. Originally, it was created out of necessity as a survival food when the Dutch settlers arrived in South Africa.

As the climate was extremely hot, they needed to preserve their meat. They noticed that the local tribes of the area (The Khoi & the San) would hang their hunted meat out to dry in trees. By adding salt and spices they found that it became hard on the exterior, yet flavourful on the inside. And so, biltong was born, enjoyed today both in South Africa and abroad as a testament to its ever-growing popularity.

The Prosciutto of Africa?



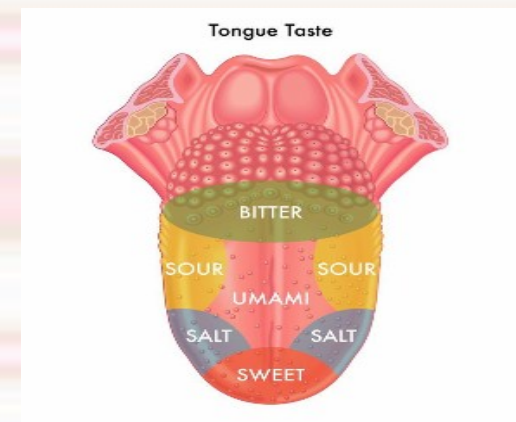
Different types & styles

- ◆ The most popular types of Biltong are:
- ◆ Traditional
- ◆ Dry Wors (Sausage)
- ◆ Chilli Bites



Flavour profiles

- ◆ Many subtle flavour profiles can be attained by adjusting the proportions and varieties of these basic ingredients.
- ◆ Salt: Choose from table salt, sea salt, coarse salt, kosher salt etc.
- ◆ Pepper: Choose from coarse ground, fine ground, black pepper, white pepper etc.
- ◆ Vinegar: Brown vinegar, Apple cider vinegar, white wine vinegar, red wine vinegar, etc.
- ◆ Coriander seeds: Medium or coarse ground and toasted.
- ◆ Umami: – Biltong is an Umami Bomb!!
- ◆ Other ingredients used in some recipes include: Worcestershire sauce, peri-peri and other spices.
- ◆ *Saltpeter was used to give the meat a pink interior colouring and for preservation, but is not commonly used any-more, due to health concerns.
- ◆ South African Biltong is air dried and is *never* smoked.



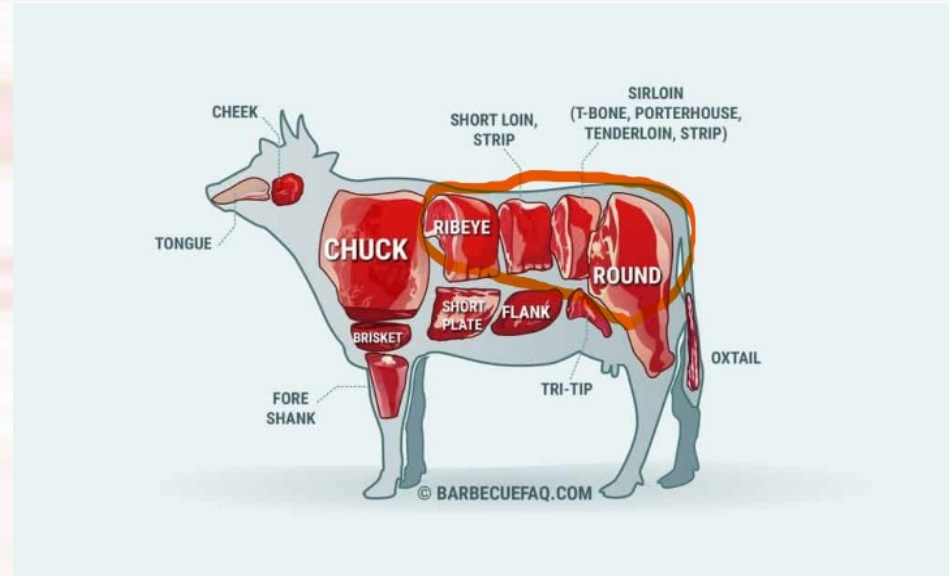
Basic ingredients

- ◆ Salt
- ◆ Coriander seeds
- ◆ Pepper
- ◆ Vinegar.

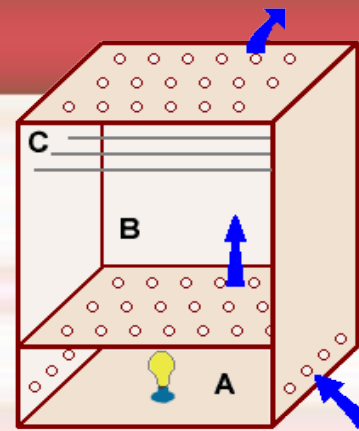


Cut of meat used – Usually Beef or Venison

- ◆ Hind Leg cuts – Rump, Eye of round etc
- ◆ Loin cuts – Sirloin, Rib eye, Fillet



Drying equipment



My own biltong recipe

Ingredients – makes around 6 kg of dried biltong

10 Kg venison meat, cut into biltong strips
250g Coarse salt
80g Toasted coriander
20g Cracked black pepper
20g Brown sugar
2l Brown Vinegar

Method

Toast the coriander in a pan lightly.

Mix all the spices together.

In a large container, sprinkle a little vinegar on the bottom, and then some spice mix. Put a layer of meat down, a sprinkle of vinegar (just enough to wet the meat) and another layer of spice.

Place another layer diagonally across the top and repeat until the spice mix and meat is finished. Leave in fridge overnight to marinade and hang in the morning.

Make sure you have lots of cool fresh air in the drying room/ chamber and take down once the meat has lost 40-50% weight, or as you like it.

Now that's lekker!!!



Demo & Tasting

◆ Grazie a tutti!

