Snack Alternative
Biltong

Servings:	**2-3kg (depends on moisture loss)**
Total Time:	**3 hrs 45 mins (to prepare) 1-10 days (to dry)**

INGREDIENTS

4 kg beef silverside (or kudu, springbok)

4 Tbsp coarse salt

250ml brown spirit or red wine vinegar
100ml Worcester sauce
1 tsp table salt (or 2 tsp for saltier)

½ cup coriander seeds
2 tsp brown mustard seeds (optional)

2 Tbsp black peppercorns

Various biltong dryers and dehydrators are available

METHOD

If preferred, trim the meat of any excess fat. Slice the meat lengthwise *with the grain* into long strips about 3cm thick.

Sprinkle half the salt on the bottom of 1 or 2 roasting pans (able to accommodate the meat). Lay the meat on top of the salt.
Sprinkle the remaining half of the salt on top of the meat. Allow to rest for 1 hr.
Scrape the salt off with a knife.

Mix the vinegar, Worcester sauce & table salt together in a bowl & brush it on both sides of the meat allowing any excess to drip off.

Heat a frying pan to hot and toast the coriander & mustard seeds (if used) until they are hot & lightly crackling.
Transfer the toasted seeds to a grinder & grind to a fairly rough consistency.
Transfer to a small bowl.
Add the peppercorns to the grinder & grind to a fairly rough consistency.
Transfer to the bowl with the other ground seeds and mix together.
Sprinkle half the spices on the bottom of the pan/s & lay the meat on top.
Sprinkle the remaining spices over the top of the meat and rest for 1 hr.
Turn the meat over & rest for another 1 hr.

Hang the meat on hooks in a cool, dry & well-ventilated place, or a dryer with a 75W or 100W globe, until the desired dryness (wet/dry) has been reached (between 1 & 10 days).

Freeze biltong in brown paper to preserve & defrost at room temperature before slicing.

LCHF