

Biltong Box Instructions

By Duncan Rounding

After a lot of research about biltong making I came up with the parts and recipe below. Everyone seems to have their own ideas, but it works well for me.

Parts	Where	Qty	Link/Notes
Box	IKEA - APA Storage Box 200.780.31 + E5 delivery	1	http://www.ikea.com/gb/en/catalog/products/20078031/
Dowel 1.5m long x 10mm diameter	B&Q	1	
Plastic covered paperclips to hang meat or meat hooks	Supermarket		
Lightbulb socket, surface mount, bayonet	B&Q	1	
Lighbulb 40w incandesant to suit socket	eBay	1	
Piece of connector strip to connect 12 wires	B&Q	1	
Length of 3 core flex as required (5m perhaps)	B&Q		
Two 240v fans	Maplin - RG04E - 80mm AC thin fan	2	http://www.maplin.co.uk/plastic-impeller-ac-sleeve-thin-fans-30265
4 fan covers	Maplin - RG04E - 80mm fan guard	4	http://www.maplin.co.uk/steel-finger-guards-1815
Nuts and bolts	B&Q to suit fan and guard	10	
Washers	B&Q to suit bolts	10	
Plug top	B&Q	1	
Tin foil to cover bottom of box	Supermarket		

Tools
80mm hole saw to suit fan
Drill
Drill bit 10mm
Drill bit 6mm
Pliers
Wire cutters
Small screwdriver

Build Method	
See my Facebook album for some pictures of the finished box	https://www.facebook.com/duncan.rounding/media_set?set=a.10151558705244209.1073741827.720489208&type=3
Build the storage box using the instruction that came with it	
Lay the box on it's side so the top becomes a front door so to speak	
In the 'top' mark in thirds and drill for the two fans with the hole saw	
Position the fans and carefully mark and drill the support holes for them	
Mount the fans with the covers with the air flow to go out of the box	
Mount the light in the back of the box as low as possible to the 'bottom' of the box	
Measure and cut the dowels to length allowing a little to stick out at the sides of the box	
Drill two holes for the dowels at the 'top' of the sides of the box. You may have to reem these bigger with the drill to tightly fit the dowels	
Drill small holes all the way around the 'lower' part of the box, including in the lid (door)	
Wire up the fans and light to the connector strip adding links as required to link the lives and neutrals together. Include the earth if used on the light fitting.	
Fix the connector strip to the 'top' of the box and cover with insulation tape for safety	
Fit the incandesant light into the fitting	
Plug in and test the fans and light	

Recipe

Ingredients			
Choice of Biltong spice - Crown National Safari	Buy South African Online + about E4 delivery	1	http://www.buysouthafricaonline.co.uk/epages/Store2_Shop1763.sf/en_GB/?ObjectPath=/Shops/Store2.Shop1763/Products/CNSBS01
Choice of Biltong spice - Freddy Hirsch Original	Buy South African Online + about E4 delivery	1	http://www.buysouthafricaonline.co.uk/epages/Store2_Shop1763.sf/en_GB/?ObjectID=556032
Choice of Biltong spice - Freddy Hirsch Kalahari	Buy South African Online + about E4 delivery	1	http://www.buysouthafricaonline.co.uk/epages/Store2_Shop1763.sf/en_GB/?ObjectPath=/Shops/Store2.Shop1763/Products/FH001
Wine vinegar	Supermarket		
Optional Cider vinegar			
Optional Worcester sauce			
Baking soda	Supermarket		
Coarse sea salt	Supermarket		
Silverside or Topside roast joint approximately 2Kg (+/- E6/kg) - lean and suitable to cut with the grain not across the grain like a steak	Supermarket		

Method	
	The spices are the key. I'm not sure really just how much difference the content of the marinade matters so long as you have the right spices and leave it for 24 hours. Anyqway this is approximately what I do.
	Silverside or Topside Meat Roast - about £5-£6 a kilo is ok.
	For about 1-2 kgs or so
	Remove any obvious sinue from the meat and then cut it with the grain into strips that are about an inch thick. You may also have to cut it again at 90 degrees if it's too wide a piece to hang. Likewise if it's too long for the box you'll have to cut it to suit.
	In a glass or plastic dish add the following:
	Quarter cup white wine vinegar
	Dribble or so of cider vinegar
	Squirt of worcester sauce
	Half a teaspoon of bicarbinated soda
	Mix together - it will froth up due to teh bicard and vinegar which helps to cut the acifdity as well as coat the meat.
	Lay the meat in the dish in layers. Giving a very small sprinkle of coarse rock and a thin coating of teh biltong spice. Turn the layer and repeat. Keep adding layer until you've coated all teh meat then turn a few times in the dish until well coated.
	Cover the dish with cling film, pushing down to keep air out as much as possible and place in the fridge for 24 hours or so. turn the meat once or twice during the 24 hours.
	After the marinating is complete open up some kitchen roll and place around three pieces or so on a surface and then take some of the meat out of the dish and pat down with another three sheets or so of kitchen roll. This should dry the meat to the touch and also re,move any salt stuck to the meat.
	Now lightly coat the meat again with the biltong spice, push your meat hooks through the meat (not too close to the top as the meat will shrink a lot) and hang in the biltong box and turn it on. Don't let the meat touch or drip on the bulb and coat the bottom of the box with tin foil.
	Wait around 3-4 days if you like it damp or 7 days for dryer and enjoy.
	I like to marinade my meat with Crown Safari spice and then coat it before drying with Freddy Hirsh Original but the choice is yours.
Note	