



SANDY LEAF  
farm

# « BILTONG »

*Making Instructions*





# LET THE FUN BEGIN

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Make your own biltong easily and quickly at home



At Sandy Leaf Farm, we want making your own amazing food and drinks at home to be easy and enjoyable. We've written this guidebook to help you make your own delicious biltong at home in just a few hours.

We hope you enjoy making your biltong as much as we enjoyed developing the recipes. If you ever need any help, we're just a message away via our help centre on our website.



# BILTONG

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Biltong is a dried meat snack that originates in Botswana, South Africa, Zimbabwe and Namibia. For thousands of years, humans have been preserving meat using essentially the same techniques — salt and dry air. Biltong, as we know it today, originated during the Dutch colonisation of southern Africa in the 17th century. While meat had been cured and dried before, the Dutch added vinegar as well as the spices we associate with biltong today — coriander and black pepper.

The word 'biltong' comes from Dutch bil, which means 'rump', and tong, which means 'strip' or 'tongue'. That makes a lot of sense when looking at biltong being made traditionally, as in the picture on page 7.

Any purists out there may realise that the method used to make biltong in this kit isn't exactly traditional. The meat should really be dried in a cool area for days on end, being monitored carefully to make sure that the meat stays edible. Our method is a lot easier, takes just a couple of hours, and is pretty much foolproof.

## SHARE YOUR BILTONG

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## THE RECIPE

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We love biltong — we're seriously obsessed with it. What we don't love so much is the price of tiny packets of biltong in the UK. With this kit, you'll be able to make two 500g batches of your own in just a few hours!

This kit is designed to teach you the basics and provide your first ingredients. If you want to make more, we recommend experimenting with different combinations of seasonings and cuts of meat yourself — it's hard to go wrong if you use this recipe.

### BUYING YOUR BEEF

To make your biltong, you'll need 500g of lean beef. The meat should be as lean as possible. We recommend using a tender cut of meat to make sure your biltong isn't too chewy; an inexpensive steak or a roasting joint would be great.

### USING THE SEASONING

To make traditional biltong, you should use  $\frac{1}{2}$  of the sachet of biltong seasoning supplied in the kit. To make spicy biltong, just use  $\frac{1}{2}$  a sachet of biltong seasoning as well as all of the chilli garlic spice.

### 8 STEPS TO BILTONG HEAVEN

1. Trim any fat from your meat. Fat in lots of things is nice, but in your biltong we promise it really isn't, so be sure to work carefully and remove all the fat that you can.
2. Cut the meat into wide, thin slices. They should be about 0.5cm thick and as wide as possible. We need the meat to be thin so that it will dry out quickly in the oven.

3. Add the meat, one sachet of vinegar and your chosen seasoning into the marinating bag, mix, and refrigerate for 3–4 hours. During this time the flavours will blend together and the vinegar will tenderise the meat so it's not too chewy when finished.
4. Wearing the gloves provided, thread one end of the meat slices onto the skewers so that the meat strips are hanging down from the skewer.
5. Place the skewers over the top shelf of your oven with the meat hanging through the gaps, being sure to place a tray underneath to collect any juices.
6. Cook at 80°C for 3 hours, or until the beef has completely dried out. Open the oven every hour to let any moisture escape.
7. Once the biltong has fully dried out, remove the strips from the skewers and enjoy. You can eat it right away or leave it to cool (if you have enough self-control)!
8. We recommend storing your biltong in the fridge, where it will last for up to a week. We also love to put our finished biltong into a mason jar and bring it to a party as a fun alternative to a bottle of wine or chocolates!





## HINTS & TIPS

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### Oven doesn't go low enough?

If you have a gas oven which uses gas marks, or if your oven doesn't go low enough, that's not a problem! Just follow the steps below:

1. Turn the oven as low as it will go, but make sure that it is actually on and heating up.
2. Hang a tea towel over the door of the oven so that it keeps closed but doesn't shut completely. The gap around the oven door will keep the temperature down and will help any moisture to escape.
3. Wait until the biltong is done, but it may take closer to 2 hours, as the oven is slightly hotter — so keep an eye on it.

### Want to make more?

If you love your biltong-making experience, why not experiment and make your own seasoning blend? There are loads of recipes if you search online, and you can tailor the flavours to your own taste. A classic biltong recipe always includes coriander seed, black pepper, salt, and vinegar. We love adding some chilli flakes to give your biltong an extra kick!

## SHARE YOUR BILTONG

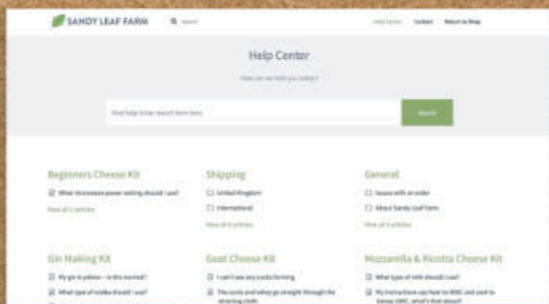
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# NEED SOME HELP?



We have recipe ideas, answers to commonly asked questions, and much more on our new Help Centre at

[www.sandyleaffarm.com](http://www.sandyleaffarm.com)

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