



THE ULTIMATE  
« **MEAT** »  
- *Kit* -

INSTRUCTION BOOK

CURED:  
**BACON**

🍖 CHILLI & GARLIC

🍷 JUNIPER & FENNEL

🍷 PANCETTA

SPICED:  
**KEBABS**

🍖 CLASSIC DONER

🍷 SPICED SHISH

🍷 MINTED KOFTA

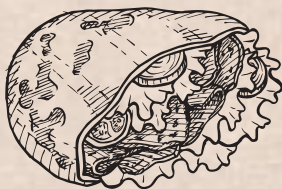
DRIED:  
**BEEF**

🍷 BILTONG

🍷 BBQ JERKY

# ULTIMATE MEAT KIT

Make your own bacon, kebabs, jerky and biltong 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 guide book to allow you to make your own delicious bacon, kebabs, jerky and biltong at home.

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

# LET'S GET STARTED



This kit contains everything you need to become an ultimate meat LEGEND. You can make eight delicious types of cured, seasoned and dried meats. To get started just add 500g fresh meat per batch. We thoroughly test the recipes and include only the finest seasonings to ensure perfect results every time.

Each recipe requires 500g meat. A full list of the types and cuts of meat can be found each recipe. Remember to support your local butcher when buying your meat.

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# BACON

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We developed this recipe because we were fed up with the poor quality of bacon which is often available in the supermarket, which is usually pumped with water and shrinks when cooked. The bacon made using this kit is air dried and flavoured with three delicious seasonings; chilli & garlic, juniper & fennel and pancetta.

So what actually is bacon?

For thousands of years humans have preserved meat to enable year-round consumption of meat, regardless of weather and harvests. Techniques such as this have been crucial to the development of humans as a species, and are seen in different forms in every society across the planet. Bacon is essentially just preserved pork.

Streaky vs back bacon:

The difference between streaky and back bacon is simple; streaky is made with pork belly and back bacon is made with pork loin. With this kit we only use pork belly to make streaky bacon, as the reduced thickness of the meat makes the curing process faster and more reliable.

The two main methods of curing bacon:

Most industrially produced bacon is produced by wet curing, where a brine solution containing salt and preservatives is injected into pork belly. This method is easier to produce at scale, however it has trade-offs in terms of the texture and flavour of the meat. This also explains why most store-bought bacon tends to lose a lot of moisture and shrink noticeably once it is cooked.

For a more intense flavour many artisan bacon producers use a dry curing process, where the bacon is cured with salts and then left to air dry. This is essentially the same method as is used in this kit.



# BACON CURING RECIPE

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Nothing beats home made bacon in terms of pure taste and satisfaction. With this kit you'll be able to cure three types of bacon at home in around a week. No experience or other equipment is needed, just add a 500g boneless joint of pork belly per batch. The bacon made using this kit is air dried and flavoured with three delicious seasonings: chilli & garlic, juniper & fennel and pancetta.

Your bacon will keep for 3-4 days in the fridge if you don't want to use it right away (we really doubt it will last that long).

The first time you use your bacon kit you should wash the cheese cloth with warm water and allow it to air dry before using. It is natural unbleached cotton cloth and may contain small fibres that we don't want to stick to the bacon while it dries.

This recipe makes 500g of bacon and takes around 7 days.

## BUYING YOUR PORK

For the recipe you will need a whole boneless 500g joint of good quality fresh pork belly. Do not buy strips of belly. You can buy the pork with skin on or off, though bear in mind that you will have to remove the skin so it might be easiest to ask your butcher to remove it for you.

## 6 STEPS TO BACON BLISS

1. Crush the spice sachet

Choose one from the three delicious favours; chilli & garlic, juniper & fennel and pancetta. To unlock the flavour from the spices, cut a very small corner off the chosen spice sachet and then crush thoroughly using a rolling pin. This will release the essential oils from the spices and allow them to infuse more easily into the bacon as it cures.

## **2. Bag your pork**

Add your pork belly, chosen sachet of crushed spices and 2 measuring spoons (15g) of bacon cure into one of the grip seal curing bags. Use the included clip to close the opened sachet of bacon cure and store in a cool dry place. Put on one of the disposable gloves included in the kit and give the ingredients a good mix around in the bag.

## **3. Leave the bacon to cure**

Seal the bag and place it in the fridge to cure for one day per half inch thickness of meat, plus 1 day. So for example, if your joint of pork is 1½ inches thick, you would leave to cure for 4 days. Turn the bag over every two days.

## **4: Wash off the cure**

After the curing process is complete, remove from the refrigerator. Rinse the meat thoroughly, and pat dry with kitchen towels.

## **5: Hang your bacon**

Your bacon now needs to be air dried to concentrate the flavour and improve its texture. Wrapping it in cheese cloth will gradually draw out moisture from the meat and gives it some protection as it dries. Place the joint of pork into the center of the cheese cloth and gather the sides tightly around the meat into a bunch at the top. Use 1m of the included cotton twine and the meat hook to tie the top of the cheese cloth and hang in your fridge. Leave to air dry for three days.

## **6. Slice and enjoy!**

Remove your bacon from the cheese cloth, which can be reused after being hand washed with washing up liquid. Using a sharp knife, slice your bacon to your desired level of thickness. Only cut as much as you need from the joint, the remainder can be stored in an airtight container in the fridge. Once sliced your bacon can be cooked in the same way as store bought bacon.

Please note: This kit is designed for use by adults only. The cure contains Sodium Nitrate and Sodium Nitrite. If the cure is consumed directly from the sachet you should seek medical advice immediately.

# HINTS & TIPS FOR BACON

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## **Is this made in the same way as store bought bacon?**

Essentially the process is the same, pork is cured with nitrates and salt. Most commercial bacon uses a wet cure, whereas our recipe uses a dry cure and the meat is then air dried. Some quality bacons do use a similar process at a commercial scale, which would take place in a specialised climate controlled dry aging room rather than a fridge.

## **How to store the bacon?**

We recommend storing your bacon in the fridge in an airtight container, where it will keep for 3-4 days. In our experience it rarely lasts that long. You can also freeze your bacon, but we would recommend cutting into slices or lardons and freezing individually on a sheet of baking paper.

## **Does the cure contain nitrates and nitrites?**

The cure does include nitrites and nitrates. We understand that in an ideal world we wouldn't need to use these additives. However, they are essential to be able to cure your own meat easily and safely without any risk of any nasty toxins or bacteria growing in the meat. We will continue our own research into safe nitrite and nitrate free cures, however until then we will need to continue including them.

## **What is the best way to wash the cloth?**

Hand wash with hot water and washing up liquid and leave to dry.

## **Any other questions?**

We regularly update our online Help Center with answers to questions that we are sent. To visit just click on the Help Center link on our website at [sandyleaffarm.com](http://sandyleaffarm.com).





# KEBABS

After years of dreaming, testing and eating too many takeaways in the name of research, we think we've cracked the secret to making your own kebabs at home. The kit makes three types, but it's the doner kebab that we're most excited about. The seasoning is on point and the finished kebab can be carved with a sharp knife, just like the real thing.

Each recipe produces enough to feed 2-3 hungry people.

## **Want to make more after using this kit?**

We don't make refill kits, but we would recommend going ahead and developing your own signature blend of seasoning. The essential ingredients are chili, cumin, garlic, coriander and salt, but the possibilities are endless. We love to add hints of smoke by blending in smoked paprika or Chipotle chilli flakes.

## **What meat to buy?**

For the doner and kofta recipes you need 500g of minced lamb per batch. For the shish you need 500g diced lamb. We recommend buying your meat from your local butcher so it's as fresh as possible.

## **How to store the seasoning sachet once it's opened?**

You can use the bag clip to store the seasoning sachet once opened, which should then be stored in a cool dry place.

Yoghurt and mint sauce recipe

For a delicious yoghurt and mint sauce you can mix the following together, which works deliciously with the spicy shish kebabs.

- 1 cup plain yogurt
- 2 scoops of dried mint
- ¼ tsp salt, to taste
- ½ cup grated cucumber

# CLASSIC DONER RECIPE

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This is our recipe for a classic doner kebab, which will come out just like a mini version of your takeaway favourite. It makes a really great (if perhaps a little unconventional) dinner party main course, which you can carve at the table.

The birthplace of the modern doner kebab is the town of Bursa in Turkey, where an enterprising restaurant owner decided to try roasting lamb vertically rather than horizontally. The delicacy spread to Europe in the 20th century, and the first doner kebab shop in London opened its doors in 1966.

## YOU WILL NEED

- 500g lamb mince
- A little sunflower or vegetable oil
- Oven
- Sharp knife to carve the meat from the kebab

## METHOD:

1. Preheat your oven to 200°C (180°C if you are using a fan oven) .
2. Add 3 scoops of kebab seasoning and 500g of minced lamb into one of the marinating bags included in the kit.
3. Put on the gloves provided. Blend the mixture thoroughly using your hands. You want the finished mixture to be as smooth as possible, which gives the kebab its unique texture.
4. Cut 10cm off the open end of the casing, this makes the meat easier to feed in.
5. Add a little sunflower or vegetable oil into the casing and squeeze it down to the bottom to make sure all of the inside is coated. This will give the finished product a smooth texture and allow the casing to be

easily removed.

6. Place handfuls of the lamb mince into the casing, and squeeze it down to the end, leaving as few gaps as possible.
7. Continue until all the lamb is in the casing, you will notice that there are still some air bubbles. These will stop the outside of your kebab from having a smooth finish, so you should take the sharp end of one skewer and pierce the casing where each air bubble is. You should then be able to press the lamb down a little more so it is touching the side of the casing all the way down.
8. Twist the top of the casing and use a small length of string to close it, making the ends as flat as possible so that you're left with a cylinder with two flat ends.
9. Lie the filled casing onto a baking tray and leave to cook in the centre of your oven for 20 minutes.
10. After 20 minutes remove the baking tray from the oven and carefully remove the casing. Be careful here as it will be hot.
11. Return to the oven and bake for another 20 minutes, turning after 10.
12. Remove the meat from the oven and allow to cool for five minutes. Thread two skewers lengthwise through the center of the meat, 1cm apart.
13. Hold the meat cylinder vertically using the skewers and carve carefully. This can be done table side for a guaranteed way to impress your dinner party guests.

## **ANY QUESTIONS?**

Check out our regularly updated help center at:

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

# SPICY SHISH RECIPE

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Nothing could be simpler than great quality meat threaded onto skewers and grilled over a hot flame. As it happens there's little that could be tastier either. This recipe uses lamb that's been marinated with our signature seasoning, which is an elevated version of your takeaway favourite.

The lamb in this recipe is marinated for 12 hours, but you can reduce this if you need your kebabs in a hurry!

## YOU WILL NEED

- 500g diced lamb
- Grill or BBQ

## METHOD:

1. The first step is to infuse your lamb with the spices from the kebab seasoning. Add the meat, along with 3 scoops of seasoning into the marinating bag (included in the kit).
2. Using the gloves provided, mix the contents together until it's fully coated. Close the bag and leave to marinate in the fridge for 12 hours.
3. Place 5 wooden skewers in a tray of water to soak for 30 minutes.
4. Remove the meat from the fridge and carefully thread onto the skewers, leaving 1 inch at the base so you have somewhere to hold onto later.
5. Preheat the grill on high. Once it has heated up carefully place the skewers below the grill. Cook for 10-12 minutes, turning every 3-4 minutes. You could also use a BBQ if you have one available.
6. Slip the meat off the skewers and enjoy!

# MINTED KOFTE RECIPE

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Types of kofta can be found all across the world, but ours is based on the classic Turkish şiş köfte, which combines minced lamb with mint and a hint of lemon zest. The result is really exceptional and goes amazingly over a salad, with rice or wrapped in a flat-bread with a little chilli sauce.

## YOU WILL NEED

- 500g lamb mince
- Zest of one lemon
- Oven, grill or BBQ

## METHOD:

1. Place 5 wooden skewers in a tray of water to soak.
2. Place the lamb, 3 scoops of kebab seasoning, 2 scoops of dried mint and the lemon zest into a marinating bag (included in the kit). Using the gloves provided mix well using your hands, close the bag and leave to marinate for 30 minutes in the fridge.
3. Remove the meat from the bag and divide into 5 equal pieces. With slightly damp hands, form the meat along each skewer into long cylinders.
4. Cook using one of the two methods below:

Grill or BBQ: cook on a medium heat for 8 to 10 minutes, turning regularly until the meat is browned on the outside and cooked through.

Oven: bake in a preheated oven at 220°C (or 200°C fan) for 20-25 minutes.

5. Slip the meat off the skewers and enjoy in a wrap, pita or on salad.





# BILTONG

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 looking at Biltong being made traditionally, as in the picture below.

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.



# BILTONG RECIPE

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We love Biltong, we're seriously obsessed by it. What we don't love so much, the price of tiny packets of Biltong in the UK. With this kit you'll be able to make a 500g batch 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, inexpensive steak or a lean roasting joint would be great.

## 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 one sachet of biltong seasoning into a 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 5

skewers so that the meat strips are hanging down from the skewer.

5. Place 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 a week. We also love to put our finished Biltong into a mason jar and bring to a party as a fun alternative to a bottle of wine or chocolates!



# HINTS & TIPS FOR BILTONG & JERKY

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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 actually is 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 or Jerky is done, but it may take closer to 2 hours as the oven is slightly higher so keep an eye on it.

## Want to make more?

Biltong - 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!

Jerky - As with Biltong, making your own BBQ seasoning for jerky is pretty straightforward. We recommend including at least garlic powder, onion powder, smoked paprika, chilli powder, salt and cumin powder.

## ANY OTHER QUESTIONS?

Check out our regularly updated help center at:

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



# JERKY

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Jerky, or variations on it, has been produced for thousands of years by humans wanting to preserve meat. The meat is preserved by being slowly dried and slightly salted. The term “jerky” comes from the Quecha word ch’arki which means “dried, salted meat”. While Jerky has traditionally been popular in the United States, Mexico and Canada, it is growing in popularity in Europe. It is also closely related to the South African snack Biltong (which we also included in this kit to make using authentic South African Spices).

Jerky can be made from a wide variety of meats, not just beef. Meats with strong flavours work particularly well such as deer, kudu, springbok or kangaroo. More recently there have been attempts to make jerky snacks from tuna, crocodile and even earthworms!

The way jerky is made using this kit is essentially the same as how all jerky is produced. On an industrial scale the meat is dried in large ovens which both heat the meat very slowly, usually under 70°C, and simultaneously extract moisture using many fans. This kit simplifies the process somewhat by using a normal oven at a slightly higher temperature. We also avoid including any nasty preservatives in the seasoning blend, as much commercially made jerky contains nitrites.

## HINTS & TIPS

The hints and tips for the jerky recipe  
can be found on page 19

# JERKY RECIPE

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Jerky is pretty great right? We definitely think so. With this kit you'll be able to make one 500g batch of your own home-made beef jerky. All you need is access to an oven for a few hours, so you'll be snacking away in no time!

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 jerky you'll need 500g of lean beef, the leaner the better. We have had amazing results in the past using everything from brisket, your usual cheap roasting joint or thin cut frying steak.

## 8 STEPS TO JERKY NIRVANA

1. Trim any fat from your meat. Fat in lots of things is nice, but in your Jerky 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 long thin slices. They should be about 0.5cm thick. We need the meat to be thin so that it will dry out quickly and evenly in the oven.
3. Add the meat and the sachet of jerky BBQ spice into the marinating bag, mix and refrigerate for 3-4 hours. During this time the flavours will blend together.
4. Wearing the gloves provided, thread one end of the meat slices onto 5 skewers so that the meat strips are hanging down from the skewer.

5. Place 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 jerky 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 jerky in the fridge, where it will last for up a week. We also love to put our finished jerky into a mason jar and bring to a party as a fun alternative to a bottle of wine or chocolates!



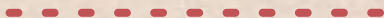
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# NEED SOME HELP?



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

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

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