

Würzige Trockenfleischhappen

Biltong ist vielleicht die einfachste Art der Fleischtrocknung überhaupt und gelingt ohne große Vorkenntnisse auf Anhieb, wenn man sauber und hygienisch arbeitet



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6] hcb[]gh Xug UZf]_Ub]gw Y DYb Xubh ni a 'Ua Yf]_Ub]gw Yb '\f m"

\[
\delta G\tilde{

Ui WX Y]bZUWXY D`Ugh]_!7cbhU]bYf`gY]b`_ÒbbYb`cXYf`]b`YX`Yb JYfg]cbYb`]b`: cfa 'j cb'; `Ugj]fh]bYb`XU\Yf_ca a Yb` 'k Ug`X]Y GUWXY`gY\f`YI_`i g]j 'i bX`Y`Y[Ubh`YfgWXY]bYb``Àggh`i bX`ZUgh`XYb 9]bXfi W_'j cb' 8fm!5[]b['j Yfa]hhY`h"

$(\$\$! ^A \setminus f][Y; YgWX]WX hY$

%XYbZU``g'_Ubb'6]`hcb['Ui Z'Y]bY'a Y\f'U`g'(\$\$!'À\f][Y'; YgWk]WkhY
ni fØW_V`]W_Yb'i bX'[Y\OffiXUa]h'ni 'XYb'hfUX]h]cbY``ghYb
DfcXi _hYb'XYg'UZf]_Ub]gWkYb'?cbh]bYbhg"'8 Ug'K cfh'ghUa a h'Ui g
XYa '8]U`Y_h'XYf'6i fYb'i bX'VYgWkfY]Vh'a]h'XYa 'V]` 'XUg'GhØW_
: `Y]gWk'j cb'XYf' DcVUW_Y ž'U`gc'XYf'cVYfYb'?Yi `Y'i bX'a]h' hcb[
]gh'XYf'ghfY]ZYbZOfa][Y': `Y]gWk!Ni gWkb]hh'[Ya Y]bh''6]`hcb[']gh
j]Y``Y]Wkh'X]Y'Y]bZUWkghY'5fh'XYf': `Y]gWkhfcW_bi b['ØVYf\Ui dh'i bX
[Y`]b[h'c\bY'[fc»Y'Jcf_Ybbhb]ggY'Ui Z'5b\]YVž'k Ybb'a Ub'gUi VYf
i bX'\m[]Yb]gWk'UfVY]hYh"

6] `hcb['_Ubb'Ui g'U``Yb'a Ò[`]W\Yb'H]YfYb'\Yf[YghY``h'k YfXYbž'Ua \emptyset V`]W\\ghYb'g]bX'F]bXž'6 \emptyset ZZY`ž'@Ua a ž'< Ua a Y``i bX'N]Y[Yž'UVYf Ui W\'?i Xi ž'5bh]`cdYbž'GhfUi » ž'=a dU`Už'NYVfUž'Gdf]b[VcW_ž'DZYfXž; Ya gVcW_ž'gÀa h`]W\Yg'Fchk]`X'i "j "U"a "'A cXYfbY'J Uf]UbhYb k YfXYb'ni XYa 'Ui g'<i \bž'Di hYž'GW\k Y]bž'? U`Vž'9bhYž': UgUb'i bX 9I chYb'k]Y'?fc_cX]``\Yf[YghY``h"

6]`hcb['i bX'6]Yf

6]`hcb['i bX'6]Yf']b'?ca V]bUh]cb'[Y\ÒfYb'i bUVX]b[VUf'ni a gØXUZf]_Ub]gW\Yb'@YVYbg[YZØ\`'i bX'g]bX'Y]b'[i hYg'6Y]gd]Y``XUZØfž XUgg'XYf'; Ybi gg'_Y]bY'FUggYbhfYbbi b['_Ybbh'

8 UbYVYb'k]fX'6]`hcb[']b'i bnÀ\`][Yb'FYnYdhYb'j YfUfVY]hYh' 'Ua VY`]YVhYghYb']gh'X]Y'?ca V]bUh]cb'a]h'9]ž'UVYf'Ui W\'6]`hcb['U`g Gi ddYbY]b`U[Yž'U`g'K ØfnY'ZØf'9]bhÒdZY'cXYf'Ui W\'ZY]b'[Y\UW_h Ui Z'Y]b'k Ufa Yg'6i hhYfVfch'[YghfYi hž'g]bX'?`Ugg]_Yf'XYf qØXUZf]_Ub]qW\Yb'?ØW\Y"

9gʻ]ghʻ`Y]W\h'j cfghY``VUfžʻXUggʻg]W\ʻ]a '@Ui ZYʻXYfʻNY]h'i bn\\`][Y 6]`hcb[!FYnYdhY'\YfUi g_f]ghU``]g]Yfh'\UVYbžʻXcW\'`Yhnh`]W\

VUg]YfYb 'U``Y 'Ui Z'nk Y]'[fi bX`Y[YbXYb F YnYdhYb. 'X]Y 'YfghY J Uf]UbhY 'bYbbh'g]W. 'GYUgcbYX'6]`hcb['i bX'Ybhgdf]W.h'a Y\f cXYf'k Yb][Yf'XYf'HfcW_Yb!DÒ_Y`i b[ž'X]Y 'nk Y]hY 'J Uf]UbhY 'k]fX A Uf]bUhYX'6]`hcb['[YbUbbh'i bX'VUg]Yfh'Ui Z'XYf'B Ugg!DÒ_Y`i b["Hmd]gW. 'ZØf'VY]XY']gh'UVYf'X]Y 'J Yfk YbXi b['j cb'9gg][ž'XYf'b]W.h bi f'U`g'?cbgYfj]Yfi b[ga]hhY`'X]Ybhž'gcbXYfb'Ui W. 'ZØf'XYbhmd]gW.Yb'; YgW.a UW_'gcf[hi bX'ni XYa 'X]Y': `Y]gW.ZUfVYXU\]b[Y\YbX'VYY]bZi qghž'XUqq'q]Y']b'Y]b'h]YZYq'qW.k Ufn'a i h]Yfh"

8]Y 'UZf]_Ub]gWX Yb'J O`_Yf'k YfXYb'UVYf'b]WX h'a Ø»][ž'XUfUi Z \]bni k Y]gYbž'XUgg'g]Y'gY`Vgh'Ui WX'Y]bY'J Uf]UbhY'XYg'6]`hcb[
_YbbYbž'X]Y'j]Y``À`hYf']gh'U`g'X]Y'\Yi hY'[Y`Ài Z][Yb"'8Ybb'Ui WX'g]Y
ghY``hYb'Y]bZUWXYg'HfcW_YbZY]gWX'\Yfž']bXYa''[YgU`nYbY
: `Y]gWXghØW_Y'gWX`]WX h'i bX'Y]bZUWX'Ub'XYf'@i Zh'[YhfcW_bYh
k i fXYb"

8 Ug : `Y]gW

Ni 'VYUW\ hYb']gh'Y][Ybh`]W\ hgY\f'j]Y`ž'Ui \ Yf'X]Y'nk Y] Zc`[YbXYb'Di b_hY.'XUg': `Y]gW\ a i gg'j c``_ca a Yb'ZYhhZfY]'gY]b f[YbUi gck Yb]['XØfZYb': YhhY#2 `Y'YhW'ZØf'X]Y'A Uf]bUXY j Yfk YbXYh'k YfXYbŁ'i bX'X]Y': `Y]gW\ ghfY]ZYb'a ØggYb']a a Yf'`\Ab[g ni f': UgYf'[YgW\ b]hhYb'k cfXYb'gY]b'''Cdh]a U`'[YY][bYh'g]bX : `Y]gW\ ghfY]ZYb'j cb'' 'V]g') 'Wa'6fY]hYž'Yhk U'\&\\$'V]g''\\$'Wa'\@\Ab[YibX'Y]bYf'8]_Y'j cb'a UI]a U`'\%'Wa''' k cVY]'a Ub'gW\ cb'XUfUi Z UW\ hYb'gc``hYž'XUgg'U``Y': `Y]gW\ gW\ Y]VYb'n]Ya `]W\ '[`Y]W\ 'X]_'g]bXž XYbb'X]Y'8]_Y'VYgh]a a h'X]Y'Hfc_bi b[gXUi Yf''

$8 \, \text{Ug'HfcW}_b \, \text{Yb}$

K]Y 'gW\\ cb 'Ub [Ygdfc W\ Yb \(\times \) YfZc \(\(\hat{h} \times \) Y 'Yg'X]Y 'UZf]_Ub]gW\\ Yb 'I fj \(\hat{O} \)_Yf' [YhUb \\ UVYb 'c XYf' 'k Ug'k YgYbh\]W\\ \m[]Yb]gW\\ Yf' i bX \\ YVYbga]hhY\\[YfYW\\ hYf']gh' \\ ']b 'Y]bYf'gdYn]Y\\ Yb '6] \hcb[!6cl \\" Ni a \\ 5 i Z\\ Ab [Yb 'n]Y\\ ha Ub 'Y]bZUW\\ Y]bYb 'GdU[Uh'Xi fW\\ Y]b '9bXY'XYf \\ \\ Y]gW\\ gW\\ Y]VY'c XYf' a Ub '\\ Ab [h'X]Y': \\ Y]gW\\ \\ UddYb'Ui Z'\\ Y]bYb \\ < U_Yb'Ui Z''

K]WX h][']gh']b 'YXYa ': U``ž'XUgg'XUg'hfcW_bYbXY': `Y]gWX '`i Zh][
\Ab[h' X]Y'HYa dYfUhi f'gd]Y`h'XUVY]'_Y]bY'[fc»Y'Fc``Y''A Ub
_ObbhY'XUg': `Y]gWX'Ui WX'Ui Z'Y]bYf'K AgWXY`Y]bY'Ui Z'XYa
8 UWXVcXYb'Ui Z\Ab[Yb'cXYf' 'k Ybb'Yg'b]WXh'ni j]Y`'I b[Yn]YZYf
[]Vh'fk cVY]'X]YgY'XUg': `Y]gWX'k Y[Yb'XYa 'j Yfk YbXYhYb'9gg][
c\bYX]Yg'a Y]gh'a Y]XYbŁ' 'gc[Uf'Ui Z'XYa '6U`_cb"

K Ybb'a Ub'j cf\Uhž'a Y\f'6]`hcb['\Yfni ghY``Ybž'XUbb'_ÒbbhY'a Ub Ui W\'Y]bYb'_`Y]bYb'FUi a 'XUZØf'i a Zi b_h]cb]YfYbž'XYb'a Ub'a]h < c`n'Ui g_`Y]XYhž'a]h'Y]bYa 'J Ybh]`Uhcf'Ui gghUhhYh'i bX'XUZØf'gcf[hž XUgg'Y]b'`Y]W\hYf'@ Zhni ['a Ò[`]W\']gh"

a '@Ui ZY'XYf'YfghYb'K cWXY'k]fX'XUg': `Y]gWX'VYfY]hg'gY\f'j]Y`
Xi b_`Yfž'VY]'a UbWXYb': `Y]gWXgcfhYb'gc[Uf'VYfY]hg'gWXk Ufn"

⇒XYU`Yf'K Y]gY'V]`XYh'g]WX'Ub'XYf'CVYfZÀWXY'Y]b'ZY]bYf
GWX]a a Y`VY`U['''_Y]bY'Gcf[Yž'Yg'\UbXY`h'g]WX'XUVY]'i a
[Yk ØbgWXhYb'9XY`gWX]a a Y`ž'Y]b'UVgc`i hYg'Ei U`]hÀhga Yf_a U`"
Gc``hY'g]WX'X]YgYf'GWX]a a Y``b]WXh'V]`XYbž']gh'XUg'Ui WX'_Y]b'; fi bX
ni f'DUb]_"''

BUWW fi bX Y]bYf K cWWY]gh XUg : Y]gWW XYa m Wi fYX fN U V
[YfY]Zh Li bX XUa]h i b[YZÀ\f XfY] A cbUhY \U`hVUf "8]YgY J Uf]UbhY
k À\`h a Ubž k Ybb XUg Hfc W_Yb Z Y]gWW ni a 'di f]gh]gWW Yb 'J YfnY\f
[YXUWW h i]ghž XYbb XUZØf dYfZY_hYg '6]`hcb[']gh Ui » Yb `\Ufh i bX ZUgh
gWW k Ufnž XUVY] 'UVYf f Oh`]WW i bX b]WW h j c``_ca a Yb 'Ui g[Yhfc W_bYh
]a '=bbYfYb"

BUWX '&'V]g'' 'K cWXYb']gh'Yg' Xfm 'i bX'j c``_ca a Yb
Xi fWX [YhfcW_bYh'' 8YfUfh][Yg'6]`hcb[']gh'[i hY'&'\\Y\fY'\U`hVUfž
UVYf'ni a 'di f]gh]gWXYb'JYfnY\f'_Ui a '[YY][bYhž'kY]`'Yg'ZUgh
ghY]b\Ufh']gh'' 'Gc`WXYg'6]`hcb['Y][bYh'g]WX'UVYf'\Yfj cffU[YbX'ZØf
Gi ddYbž'GUi WYbž'9]bhÒdZY'cXYf'Ui WX'ni a '<cVY`b'ØVYf
9]YfgdY]gYž'DUghU'/ '7c"

GYUgcbYX'6]`hcb[

8]Y`hfUX]h]cbY``Y`DÒ_Y`a]gW\ib[`VYghY\h'Uig`%\$\$; fUa a DÒ_Y`gU`nž')\$'[`VfUibYb`NiW_Yfž'%'V]g`&'9gg`ÒZZY``fP@L'BUhfcb'ibX %'9@'gW.k UfnYf'DZYZZYfž'Zf]gW.'[Ya U\`Yb"'8Uni '; Yk ØfnY'bUW\6Y`]YVYb.'[Ya U\`YbYf'?cf]UbXYf']gh'DZ]W.hž'Ui »YfXYa '_Ubb'a Ub?bcV`Ui W\ž'Nk]YVY`ž'\b[k Yfž'[Ya U\`YbYb'@cfVYYf'i gk "'XUni[YVYb"

8]Y'Ni hUhYb'ZØf'X]Y'DÒ_Y`a]gWki b['j Yfa Yb[Yb'''ZØf'k]Yj]Y`
: `Y]gWk'X]YgY'fY]Wkhž'\Àb[h'j ca 'DÒ_Y`gU`n'UV'fbUWk

DUW_i b[gUb[UVY'f]WkhYbŁ"'8 Ug']b'GhfY]ZYb'[YgWkb]hhYbY': `Y]gWk
k]fX'ni bÀWkgh']b'9gg]['[Yhi b_h'i bX'UbgWk`]Y»YbX'a]h'XYf

DÒ_Y`a]gWki b['VYghfYi h'i bX']a '?Ø\`gWkfUb_'a]bXYghYbg'&'V]g''

HU[Y'fY]ZYb'[Y`UggYb'fa Ub'_Ubb'Yg'V]g'ni '%('HU[Y'dÒ_Y`bŁ"'8 Ug
: `Y]gWk'UbgWk`]Y»YbX'Y]bZUWk'ni a 'HfcW_bYb']b'Y]bY'6]`hcb[!6cl
\Àb[Yb'i bX'Xcfh'&'V]g'('K cWkYb'UVhfcW_bYb'`UggYb"

.

6 Y gi W Y b 'G] Y 'i b g 'U i Z 'Z `Y] g W i b X W c "U h