

Droewors – South African Dried Meat Sticks

U.S.	Ingredient	Metric	Percent
3¼ lb.	Beef, lean trim	1475.0 g	61.84
1¾ lb.	Mutton/Lamb shoulder 85/20	775.0 g	32.49
3 Tbs.	Coriander, roasted/coarse grd.	22.0 g	0.92
2 tsp.	Salt	14.5 g	0.61
1 tsp.	Cure #1	6.0 g	0.25
2½ tsp.	Pepper, cracked	5.0 g	0.21
¼ tsp.	Sugar	4.0 g	0.17
1 tsp.	Allspice, ground	2.0 g	0.08
¼ tsp.	Nutmeg, ground finely	0.5 g	0.02
¼ tsp.	Garlic powder *	0.5 g	0.02
1/8 tsp.	Garlic granules (dry)*	0.2 g	0.01
1/8 tsp.	Cloves, ground finely	0.2 g	0.01
¼ tsp.	Mixed herbs**	0.2 g	0.01
3 Tbs.	Vinegar	45.0 ml	1.89
4 tsp.	Worcestershire sauce	20.0 ml	0.84
1 Tbs.	Wine, red	15.0 ml	0.63
	21/23 mm collagen casings		

5 lb. Totals → 2.3 Kg 100%

* Garlic is optional, but it does enhance the flavor

** A blend of marjoram, basil, oregano and thyme

Method:

1. Cut all the meat into cubes, about 25 mm (Keep well chilled).
2. Mix all the dry ingredients well and sprinkle evenly over the cubed meat in a large mixing container or tub. Mix the spices thru' the cubed meat till meat is evenly coated. (I find that the meat 'flows' easier into the mincer after coating.) Mince this mix thru' a 4 to 5 mm plate.
3. Replace all minced meat into tub/mixer and add the liquid mix (Vinegar, Red Wine and Worcestershire Sauce). Mix thru' till evenly distributed and 'sticky'.
4. Leave overnight in chiller (Cover with 'cling-film') for the flavor to 'develop'.
5. The next morning (or after a minimum of 12 hours) stuff the meat into 21 to 23 mm collagen casings. (Originally sheep casings were used.)
6. Make up into about 1 meter lengths and hang evenly over drying sticks (.5mx.5m) in dryer. (For the imperially minded...18" x 18".) 'Rub' the filled casings on top of the drying sticks so that there is NO meat left over the sticks. (When dry all that will be left is the casing; when meat is left over the sticks, this is where mould tends to develop first.)
7. Dry in well ventilated dryer with good air exchange and circulation. (I used a temperature of 20° to 25°C maximum.) Allow to dry until the weigh at least 40% of original weight. (In dry conditions this should be 6 to 7 days.) Should mould develop during drying, wipe down with some vinegar water.
8. Remove from dryer and store in a cardboard box, paper bag or similar (DO NOT use plastic bags or film, air must be allowed to 'breath' thru')
9. The sticks are eaten 'as-is' after peeling off the casings, just makes for a more pleasant eating experience, the casing are just not that good in the mouth. (I find that 'bending' evenly over the whole length helps to remove of the collagen 'skin' easily.)

