

Jerky Drying Instructions and Marinade Recipes

(Much of this was taken from the University of Florida Cooperative Extension Service)

Preparing Meat For Jerky:

Choose a lean meat (I prefer out of the deli around 96-97% fat free) and slice it into thin strips. Trim and discard any fat from the meat (having the meat partially frozen before cutting makes it much easier to handle). Slice with the grain into strips about ¼" thick if a chewier jerky is your desire. Slice across the grain for a more tender, but brittle jerky.

Drying Your Jerky In The Dehydrator:

Remove meat strips for the marinade of your choice. Drain on absorbent toweling and arrange on the dehydrator racks (not solid sheet style like you use for fruit leather, but ones with venting). Place slices close together, but do not overlap. Place the racks into your dehydrator and set to 140 degrees. Dry until a test piece cracks, but does not break when it is bent (anywhere from 10-12 hours). Pat off any beads of oil with absorbent toweling, remove strips from the racks and let cool. Place in heavy glass jars or plastic bags once cooled.

Storing Your Jerky:

Properly dried jerky will store for 1 to 2 month at room temperature. To extend the life of jerky, please refrigerate or freeze it.

Traditional Jerky

- ¼ tsp. each of pepper and garlic powder
- ½ tsp. onion powder
- 1 tsp. hickory-smoke flavored salt
- 1½-2 lbs. of lean meat (beef, pork, venison, etc.)
- ¼ cup Soy Sauce
- 1 Tbsp. Worcestershire Sauce

Combine all ingredients. Place strips of meat in a shallow pan and cover with marinade. Cover and refrigerate for 1-2 hours.

Teriyaki Jerky (from Mary Bell's Book Just Jerky)

- 1 cup Teriyaki Sauce
- 1 tsp. Minced Garlic
- ½ tsp. salt
- ½ tsp. freshly ground black pepper
- ½ tsp. liquid smoke (optional)
- 2 pounds meat strips

Mix all ingredients together with the exception of the strips. Allow the ingredients at least 15 minutes for flavor to blend. Add strips. Marinate at least one hour. For longer marinating time, place in the refrigerator in a covered container or in an airtight plastic bag. Remove from marinade and place in the drying environment of your choice.

PAN HANDLE JERKY

(This recipe is from <http://www.bowhunting.net/susieq/jerky.htm>)

For each pound of meat, add:

- ¼ - cup best Soy Sauce
- ¼ -cup water
- ½ t. Lawrys Seasoned Salt
- ½ t. Lawrys Seasoned Pepper
- ½ t. Course Ground Black Pepper
- ½ t. Smoked Salt or 1 T. Liquid Smoke
- ½ t. Best Hot Sauce
- 1 medium onion chopped
- 1 stalk celery w/leaves chopped
- 1 large clove garlic peeled/chopped

I put everything but meat in a blender, and swirl until well chopped and blended.

Taste for seasonings. Then pour into a large bowl.

Slice the meat; I use a meat slicer to get uniform cuts.

Place the meat in the bowl, and marinate overnight.

I spray my dehydrator trays with Pam, (really helps with the cleanup).

I stir the meat several times before using, and then just drain as I pull the meat out with my fork. No draining on paper towels. I then place on the trays, lying as flat as possible, with about 1/8" between pieces.

Usually takes about 8 to 9 hours. If you like crunchy then leave in 2 more hours.

When you take the meat out place in a large bowl to equalize the moisture content.

Wait about an hour then either place in clean jars and seal or use Zip Lock bags, remove all possible air and seal. Bags can go into the freezer, jars in fridge.

ARMAGEDDON JERKY MARINADE

(This recipe is from <http://www.grouprecipes.com/9014/armageddon-beef-jerky-marinade.html>)

- 2 Cups Soy
- 1/2 Cup Water
- 3/4 Cup Worcestershire
- 3/4 Cup Apple Juice
- 1/4 Cup Apple Cider Vinegar
- 3/4 Cup Hot Sauce
- 1/4 Cup Liquid Smoke
- 3 Tablespoons Whole Black Peppercorns (ground in a spice grinder)
- 12 Cloves (grind together with peppercorns)
- 1 Tablespoon Kosher Salt
- 2 Tablespoons Habanero Powder
- 2 Tablespoons Chipotle Powder
- 2 Tablespoons Brown Sugar
- 1 Cup Chopped Fresh Garlic

Mix everything together until sugar and salt have dissolved. Marinate meat for 24 hours. Then, place them on the dehydrator trays.

Sweet and Sour Jerky Marinade

(This recipe is from <http://www.bigoven.com/recipe/33786/sweet-and-sour-jerky-marinade>)

1/2 c Red wine vinegar

1/2 c Brown sugar

1 ts Garlic powder

1/4 c Soy sauce

2 ts Salt

1/4 ts Ground Ginger

3 lb Lean meat, cut in strips

3/4 c Pineapple juice

Mix ingredients. Marinate in the refrigerator for at least 6 hours before drying.

Curry Jerky

(from Mary Bell's Book Just Jerky)

- 1 ½ cups Finely Chopped Onions
- 1 cup (8 oz) Plain Yogurt
- 2 Tbsp. Finely Chopped Fresh Mint
- 1 Tbsp. Curry Powder
- 1 ½ tsp. Salt
- 1 Pound Meat Strips

Mix all ingredients together with the exception of the strips. Allow the ingredients at least 15 minutes for flavor to blend. Add strips. Marinate at least one hour. For longer marinating time, place in the refrigerator in a covered container or in an airtight plastic bag. Remove from marinade and place in the drying environment of your choice.

CAJUN JERKY

(from Mary Bell's Book Just Jerky)

- 1 cup Tomato Juice
- 2 tsp. Cayenne Pepper
- 1 ½ tsp. Dried Thyme
- 1 ½ tsp. Dried Basil
- 1 ½ tsp. Onion Powder
- 1 tsp. White Pepper
- ½ tsp. Freshly Ground Black Pepper
- ½ tsp. Garlic Powder
- 1 Pound Meat Strips

Mix all ingredients together with the exception of the strips. Allow the ingredients at least 15 minutes for flavor to blend. Add strips. Marinate at least one hour. For longer marinating time, place in the refrigerator in a covered container or in an airtight plastic bag. Remove from marinade and place in the drying environment of your choice.

Happy jerky making! Be sure to find a favorite & email it to me at lilyloohoo@gmail.com so I can try it!!! 😊