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necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Sawdust Pie Mexican Vegetarian Stuffed Peppers Crab Rangoon Mozzarella Sticks Campfire Foil Packs Pizza Sauce with Fresh Tomatoes Peperoncini Dip Savory Apple Cider Glaze Coffee Brandy Alexander Apple
Cider Spritz Fall Shandy Gourmet Mushroom Risotto Hot Cowgirl Casserole Zucchini Taco Skillet Tropical Mango Trifle Unstuffed Cabbage Roll Blueberry Cream Dessert Quick and Easy Green Chile Checken Enchilada Casserole Watermelon Fire and Ice Salsa Fried Rice with Yum Yum Sauce Classic Chocolate Ice Cream Sandwich Simple Lemon
Cake Vera Cruz Tomatoes Chicken Tinola Mexican Quesadilla Casserole "Tim's Best Beef Jerky. This is by far the best! I have tried many different recipes, none stand up to this!" Radila Radilova/iStock/GettyImages Jerky, which is a fancy name for dried meat, is a lightweight snack
heavy on nutrition and full of flavor. It is most commonly made of marinaded beef or other meats such as turkey, venison, even fish. Jerky provides a good balance of fat, protein and carbohydrates, making it a smart addition to your day pack or lunch box. Whether you run to the local sporting goods store to pick up a pack or make it at home in your
dehydrator, enhance the flavor by adding your own flavorful glaze. Make a tasty marinade for your jerky by combining all food ingredients including the jerky, in a sealable plastic bag at least one gallon in size. Refrigerate the mixture for at least 2 hours or as long as overnight. Turn and mix the contents every one or two hours. Drain the meat and
reserve a portion of the excess marinade for making a glaze. Dry your jerky at at least 160 degrees Fahrenheit to destroy harmful organisms using a dehydrator, a conventional oven or a smoker. Drying times depend on your particular method. Temporarily remove the meat from the dryer after three to four hours, half way through its complete drying
time, which takes a total of six to eight hours. Boil the marinade for five minutes to thicken it, stirring occasionally. The heating process pasteurizes the liquid. As it thickens it becomes a glaze. Baste the meat with the glaze by brushing it evenly, covering both sides of the meat to the dehydrator or oven. It is done once it is firm and
dry, but not spongy. Prepare the marinade for your jerky by combining all food ingredients, but not the meat itself, in a pan. Boil the fresh marinade for five minutes to thicken it stirring occasionally. The heating process thickens the liquid into a glaze. Baste the meat with the glaze by brushing it evenly, covering both sides of the meat. Let the glaze
to dry on the meat before packaging. Wait half way through the drying time to baste the jerky. Hearty meats like beef and venison can be marinated for two to three hours. Read Read Read Read Read Read Read Imp to Recipe Print Recipe Seeking a scrumptious and simple beef jerky
recipe? Look no further! This delightful recipe features brown sugar for a touch of sweetness, coupled with a smoky essence that elevates its taste. It's an ideal snack to keep on hand for those unexpected hunger pangs. Not only will this recipe appease your appetite, but it's also a breeze to prepare. Ingredients for a beef jerky recipe with brown
sugar If you're searching for the ideal meat to make beef jerky, consider using eye-of-round beef. With its minimal fat content, eye-of-round beef at Walmart for
$6.61/lb. Our choice of beef - Eye of round Some types of beef are often considered fatty food. However, removing the fat from the meat leaves you with a lean and healthy protein. Cutting off fat from our beef We'll introduce you to some of the most delicious, off the beaten path jerky makers around! Because the Best Jerky Doesn't Come from a Store
Weighing the meat is an important step if you want to make sure that you have enough meat for the recipe and also how much beef jerky we'll get after dehydration. Weighing meat in grams (460 grams / 16.2 oz.) Here is a tip for making jerky: freeze the beef before you slice it (from 1 to 2 hours). The beef will be firmer and easier to cut if it has been
in the freezer for a little while. Make sure you take the meat out of the freezer when the ice starts to form on its surface. If you leave it in longer, it will be too hard and difficult to cut. Cutting frozen meat When ready, cut the beef into strips not wider than 1/4 inch. The thinner the strips, the less time it will take for your jerky to get dry. Suppose you
want a more pleasant texture, cut across or against the grain. Cutting with the grain will make jerky harder to chew and tougher. The next step is to gather all the ingredients and make a marinade. You'll need to mix the ingredients we listed above in the proper proportions. I use a measuring cup for the perfect proportions. Now put your beef in the
marinade. It should sit for 6 to 24 hours (in a refrigerator). The longer you let it sit, the stronger the flavor would be. Mixing marinade off beef by putting them on paper towels. This will make the drying process faster. Placing the beef on a paper towel There are three ways to dry
beef jerky. One way is to use an oven, another way is to use at 160 dehydrator because it is small and easy to use. To do the job, you just have to lay meat strips on the trays of the dehydrator and let it work for 5 - 8 hours at 160 degrees F. Ours took 7 hours in the dehydrator (I
bought mine on Amazon), but yours might take less time if the meat is thinner or more time if the meat is thicker. NESCO FD-75A Snackmaster Pro Food Dehydrator, For Snacks, Fruit, Beef Jerky, Gray EVEN HEAT DISTRIBUTION: 600 watts of drying power provides even heat distribution; consistent drying that is four times faster than other food
dehydratorsADJUSTABLE TEMPERATURE CONTROL: The adjustable temperature control (95°F -160°F) gives you the flexibility to achieve the best results when drying different foods that need varying temperature settingsEXPANDABLE TO 12 TRAYS: Comes with five (13 1/2" diameter) trays and expands up to 12 trays so you can dry large
quantities at once with no tray rotation needed; additional trays sold separately ACCESSORIES INCLUDED: (2) Fruit Roll Sheet, (2) Clean-A-Screens, a
sample of Jerky Seasoning & Cure, and (1) Care & Use Guide Our beef was placed on the dehydrator You will end up with 1/3 of your weight as jerky. Weighing meat after cooking (188gram/6,63oz.) This recipe serves 5 people. preparation time: 30
minutes marinade time: 8 hours drying time: 7 hours Ingredients Cost 1 lb. of beef; I choose Eye of round, but any could work $6.61 per 1 lb. at Walmart1 teaspoon equates to 0.06 cents )1/4 cup soy sauce$1.52 for a 5 oz. container at Walmart(1/4 cup
or 2 oz. = 0.61 cents)1/4 cup waterI used tap water so it was essentially free1 teaspoon of salt1/2 cup or 4 oz. = 0.27 cents)2 teaspoon black pepper$3.98 for 3.12 oz. a container at Walmart (6 tsp. per oz. means that 1 teaspoon equates to 0.21 cents or 0.42 cents
per 2 teaspoons)2 teaspoon onion powderBetween $4 and $5 for a 1.73 oz. container (6 tsp. per oz. means that 1 teaspoon equates to 0.28 cents or 0.56 cents per 2 teaspoons)2 teaspoon s)1/4 cup soy
sauce$1.52 for a 5 oz. container at Walmart(1/4 cup or 2 oz. = 0.61 cents)1/4 cup Worcestershire sauce$1.00 for a 10 oz. container at Walmart(1/4 cup or 2 oz. = 0.20 cents)1/4 teaspoon cayenne pepper$3.97 per a 1.7 oz. container at Walmart(6 tsp. per oz. means that 1/4 tsp equates to 0.10 cents) Total Cost: $9.6/6.63 oz. (full cost: meat +
ingredients) The first step is to trim the fat from your beef. Next, cut it into slices that are no more than 1/4 inch thick and then slice against or across the grain. Mix all of the marinade ingredients. Then put beef and marinade in a container or Ziploc bag and place it in the fridge for 6-24 hours. Remove excess liquid from the beef with a paper
towel. Dry your beef in a food dehydrator, oven, or electric smoker at 160 degrees F for 5 - 8 hours; when the beef jerky and moon pies are two of the major food groups." -- Jeff Foxworthy Homemade beef jerky is a delicious way to preserve meat for
food storage and for easy transport to take on hikes, camping trips, road trips and to pack in a backpack in an emergency situation where you need to leave home. While store-bought beef jerky is also a good option and tends to store/remain shelf stable for a longer amount of time, this is mostly due to added preservatives. When you make your own
homemade beef jerky, you have full control over every part of the process, which means no added preservatives or questionable ingredients. You can make beef jerky in a dehydrator, a smoker or an oven, and you can get as creative as you like with the marinade. Some common ingredients found in most homemade beef jerky marinades include some
combination of soy sauce, Worcestershire sauce, brown sugar, honey, molasses, cracked pepper, garlic powder, onion powder and liquid smoke. Today I'm sharing one of my favourite recipes for homemade beef jerky: Sweet and Smoky Beef Jerky made with soy sauce, Worcestershire sauce, brown sugar, paprika, garlic and onion powder and liquid smoke.
liquid smoke. But there are lots of great recipes for beef jerky marinades, so feel free to search other ones online or even use store-bought marinades if you prefer and then follow the rest of the instructions below. Homemade Beef Jerky in the Oven Vs. the Dehydrator As mentioned above, you can make beef jerky in a dehydrator, a smoker or an oven
I make my beef jerky in my Excalibur dehydrator (which I LOVE and highly recommend if you're in the market for a home food dehydrator). But I've also included oven directions in case you don't have a dehydrator yet. I find I get the best results using a dehydrator as the oven can easily over-dry the jerky and tends to dry it more unevenly, leaving
some pieces with too much moisture while some are a little too dry. So I suggest that if you are using your oven, you should keep a close eye on the jerky and remove any pieces that are dried while leaving any that require a bit more drying time. Best cuts of meat for beef jerky The best cuts for beef jerky are lean cuts with the fat removed. These
include: Eye of round Top or bottom round Flank steak Sirloin tip You can either ask your butcher to trim and slice the meat into slices that are 1/4-inch to 1/4-
It's important to remove as much fat as possible as the fat is what will make the meat go rancid and spoil much quicker. How to make beef jerky in a dehydrator When making your own homemade beef jerky, the meat needs to hit an internal temperature of 160°F, you'll
want to use the oven method instead. Alternately, if your dehydrator doesn't go to 160°F, you can still use the dehydrator but then put your jerky in the oven at 275°F for 10 minutes as an added safety measure One reason I love my Excalibur is because it reaches high enough temperatures for making all kinds of dried foods, including beef jerky. It
also has fans in the bak (instead of at the top) so all of the food dries evenly and the trays don't need to be rotated. To make homemade beef jerky in a dehydrator trays, spaced out so they aren't touching, and load trays into dehydrator. Set the dehydrator to 160°F and set the timer for 4 hours. If the
meat is still quite moist, put it back in the dehydrator and check every hour or so until the meat is dry and leathery but still flexible. Related: Homemade "Cheesy" Kale Chips (Dehydrator + Oven Instructions) How to make beef jerky in the oven, preheat oven to 175°F, then lay marinated jerky strips out directly on a
cookie sheet or baking tray Place jerky into the oven for 2-3 hours. Check at 2 hours to see if any of the pieces are fully dried and if so, remove them and continue to dry until the meat is dry and leathery but still flexible. How to know when homemade beef jerky is done When
making homemade beef jerky for the first time, it can sometimes be hard to know when it's done. If the jerky is soft, flexible and chewy, it's safe to eat, but probably won't last long on your shelf, so you can either eat it right away or store it in the fridge for up to 2 weeks. Or you can continue drying it until ore of the moisture is removed. Once the
jerky is dry and leathery a bit more stiff (but still slightly flexible), that is more suitable for longer-term storage. It should bend and crack, but not snap. How long does homemade beef jerky last? Homemade jerky can have a shelf life of a couple months when following proper methods. I find a vacuum sealer is very handy for storing beef jerky and
other dried foods. I use a FoodSaver vacuum sealer. Vacuum pack jerky or place in Ziplock bags with an oxygen absorber. Vacuum packed beef jerky will last at least one year or more in the freezer. If you don't use a vacuum sealer or an oxygen absorber,
beef jerky will last about one week on your pantry shelves or up to 2 weeks in the friege. It will last for up to a year in the freezer. Related: 8 Ways to Preserve Food At Home Sweet & smoky beef jerky marinade My favourite homemade beef jerky recipe is marinated for 24 hours in a sweet and smoky sauce made with soy sauce, Worcestershire sauce,
honey, brown sugar, paprika, garlic and onion powder and liquid smoke. It's super simple to make. All you need to do is mix all of the marinade in the fridge for a minimum of 8 hours, and up to 24 hours. Then
lay beef slices on your dehydrator trays (or on a baking sheet lined with parchment paper if using the oven method), and then follow the appropriate instructions for drying your beef jerky. Full recipe and instructions for drying your beef jerky. Full recipe and instructions can be found below:) If you make this recipe at home, I'd love to hear from you! Leave a review or a comment below and let me know
what you think! 2 pounds thinly sliced beef (see best cuts above) 1/4 cup soy sauce or alternative (ie. Tamari or coconut aminos) 1/4 cup Worcestershire sauce 1 tablespoon paprika 1 tablespoon papri
sliced beef in the marinade, ensuring every inch is well coated. Place in a Ziplock bag or in an airtight container and refrigerate for a minimum of 8 hours, up to 24 hours. Dehydrator Directions: Lay the marinated beef slices on dehydrator trays, ensuring they don't touch. Place trays in the dehydrator and dry at 165°F/74°C for 4 to 6 hours. (For food
safety reasons, if your dehydrator doesn't go up to 165°F, dry at the highest setting and then play jerky in the oven at 275°F for 10 minutes after drying so that meat reaches an internal temperature of 160°F). Once beef jerky is completely dry, it's ready to pack. Jerky should be dry enough that it cracks when it bends, but doesn't snap or break. Oven
Directions:Preheat the oven to 175°F. Lay the marinated beef slices on a baking tray, ensuring they don't touch. Dry in the oven for 2 to 3 hours. Once beef jerky is completely dry, it's ready to pack. Jerky should be dry enough that it cracks when it bends, but doesn't snap or break. *** IMPORTANT: Always ensure that your beef jerky is dry and has no
visible moisture left before storing. Foods with more than 10% moisture content that are vacuum sealed or sealed in an airtight container with low to no oxygen. *** Beef jerky seems like it would be a huge hassle to make at home. The truth is
that this sweet-and-smoky snack can be made right in your oven — no fancy dehydrator necessary. Our homemade beef jerky marinade can be tweaked to anybody's palate, but this recipe combines savory soy sauce, smoked paprika, and brown sugar for the ultimate flavor fusion. WHY YOU'LL LOVE THIS HOMEMADE BEEF JERKY From soccer
practice to theater tryouts, our kids keep us moving from sunup to sundown every day of the week. If you struggle with nutritious, lasting ways to keep those hungry bellies full in between tournaments and study groups, look no further than our homemade beef jerky. When we make our family snacks at home, we have peace of mind in knowing
exactly what ingredients are fueling our children's bodies — plus, beef jerky is great for munchy grown-ups, too. IS BEEF JERKY REALLY GOOD FOR YOU? We hear you. How can something this scrumptious and snacky be healthy? As with anything else, beef jerky should definitely be consumed in moderation — mostly because of its higher sodium
content. However, one ounce of beef jerky will bring you 9.4 grams of protein, half a gram of fiber, over one-fifth of your recommended daily zinc intake, and good doses of vitamin B12, phosphorus, folate, iron, and copper. Beef jerky is a popular choice among low-carb and paleo-oriented lifestyles. WHAT DO I NEED TO MAKE HOMEMADE BEEF
JERKY? Typically, beef jerky is made in a dehydrator, but our recipe capitalizes on the convenience of the oven or air fryer. You'll also need a large mixing bowl, a baking sheet, standard measuring utensils, wooden skewers if using the air fryer, a microplaner or grater for the ginger root, and a grater or press for the garlic. INGREDIENTS 3 garlic
cloves1 thumb (a piece about 2 inches long) fresh ginger root1 pound beef chuck, sliced as thin as possible1 cup brown sugar 1 cup soy sauce 2 tablespoons oregano1 teaspoon black pepper HOW TO MAKE HOMEMADE BEEF JERKY Preheat the oven or air fryer to 395
degrees F (200 degrees C). Peel and grate/press the garlic, then peel and grate the ginger root. You can finely mince the garlic powder, smoked paprika, chili flakes, and black pepper, then divide the mixture into halves. In a large mixing bowl, thoroughly mix
together the ginger, garlic, soy sauce, brown sugar, and one half of the spice mixture. Stir well until the beef is well coated. Cover the bowl in plastic wrap and marinate for at least two hour, but preferably eight hours or overnight. Spread out several paper towels on the counter. Remove the chuck beef slices from the marinade and lay out on the
towels. Pat the beef dry until no excess liquid remains and sprinkle with the reserved half of the spice mixture. If using an oven, arrange two oven racks to have one on the lowest oven racks.
air fryer, arrange the skewers horizontally across the basket and drape the strips over the skewers (you might have to work in multiple batches). Bake or air fry for 40 minutes. MORE SNACKS FOR BUSY FAMILIES TO TRY HOMEMADE BEEF JERKY FAQS Does this homemade beef jerky have to be refrigerated? Yes. Since we didn't use any
preservatives or a traditional curing method for this jerky, we recommend you keep it refrigerated. If you follow traditional homemade beef jerky oven times? If you have the free time, certainly! Just adjust your oven temperature to 175
degrees F and plan to bake the meat for about three to four hours. How do I know when my beef jerky is done? You'll know your beef jerky is done? You'll know your beef jerky is done cooking when it is dry to the touch at room temperature, is chewy but tender, and looks like leather. NOTES AND BOTTOM LINE This is such a great way to get yummy jerky without spending a whole
afternoon to get it. You can substitute some of the soy sauce for Worcestershire sauce to enhance the smoky, savory flavor, and add onion powder if you so choose. Be sure to trim off any excess fat or silver skin, and try to keep your slices under 1/4 inch thick. Quicker oven cooking leads to a jerky that is still tender on the inside with a crispy exterior.
American Type of recipe: Snacks/meat/beef DESCRIPTION This homemade beef jerky marinade is slightly spicy, somewhat sweet, and downright delicious. Perfect for on-the-go parents. STEP-BY-STEP INSTRUCTIONS Preheat the oven or air fryer to 395 degrees F (200 degrees C). Peel and grate/press the garlic, then peel and grate the ginger root
You can finely mince the garlic and ginger instead, but doing so is more time consuming. Combine the oregano, garlic powder, smoked paprika, chili flakes, and black pepper, then divide the mixture into halves. In a large mixing bowl, thoroughly mix together the ginger, garlic, soy sauce, brown sugar, and one half of the spice mixture. Stir well until
the beef is well coated. Cover the bowl in plastic wrap and marinate for at least two hour, but preferably eight hours or overnight. Spread out several paper towels on the counter. Remove the chuck beef slices from the marinade and lay out on the towels. Pat the beef dry until no excess liquid remains and sprinkle with the reserved half of the spice
mixture. If using an oven, arrange two oven rack to have one on the lowest oven rack to have one one on the lowest oven rack to have one one on the lowest oven rack to have o
might have to work in multiple batches). Bake or air fry for 40 minutes. Print This homemade beef jerky marinade is slightly spicy, somewhat sweet, and downright delicious. Perfect for on-the-go parents. Author: SAVANNAH HOWE Prep Time: 10 Cook Time: 40 Total Time: 50 Yield: 4 1x Category: Snacks Cuisine: American 3 garlic cloves 1 thumb (a
piece about 2 inches long) fresh ginger root 1 pound beef chuck, sliced as thin as possible 1 cup brown sugar 1 cup soy sauce 2 tablespoon black pepper Preheat the oven or air fryer to 395 degrees F (200 degrees C). Peel and grate/press the garlic,
then peel and grate the ginger root. You can finely mince the garlic and ginger instead, but doing so is more time consuming. Combine the mixture into halves. In a large mixing bowl, thoroughly mix together the ginger, garlic, soy sauce, brown sugar, and one half
of the spice mixture. Stir well until the beef is well coated. Cover the bowl in plastic wrap and marinate for at least two hour, but preferably eight hours or overnight. Spread out several paper towels on the counter. Remove the chuck beef slices from the marinate for at least two hour, but preferably eight hours or overnight.
with the reserved half of the spice mixture. If using an oven, arrange two oven racks to have one on the lowest position and one directly above it. Put a baking sheet on the lowest oven rack to catch drippings. Lay out each strip of beef chuck on the next highest oven rack. If using an air fryer, arrange the skewers horizontally across the basket and
drape the strips over the skewers (you might have to work in multiple batches). Bake or air fry for 40 minutes. Your guide for lifestyle, eating, and fashion Read Read Birds At Sea Reconnect With Nature Cocktail Maker This post may contain affiliate links. Read my full disclosure policy. This is the best homemade beef jerky recipe, and it's easy
to make without any special equipment. After road tripping with my family and sampling jerky from gas stations along the way — and spending a small fortune on it — I resolved to come up with a good homemade beef jerky recipe. The good news is that beef jerky is surprisingly easy to make and doesn't require any special equipment other than a
standard oven, baking sheets, and wire racks. However, most homemade jerky isn't nearly as tender as the store-bought kind. That's because commercial jerky producers use special equipment and curing preservatives to make their signature jerky. Finally, after falling down an internet rabbit hole of pitmaster video tutorials, I learned the secret to
making tender jerky at home: adding plenty of sugar to the marinade. The extra sugar not only helps preserve the meat but also locks in moisture. This recipe makes a salty-sweet, smoky jerky with a chewy yet tender texture, similar to the well-known brands. What You'll Need To Make Homemade Beef Jerky When making beef jerky, it's important to
start with a well-trimmed, lean cut of meat, as fat does not dry out and accelerates spoilage. An eye of round roast is ideal; it's affordable, accessible, lean, and easy to trim. Before slicing, pop it in the freezer for 1 to 2 hours; it will be much easier to cut. The marinade contains soy sauce, brown sugar, Worcestershire sauce, seasoning, and unseasoned
meat tenderizer. Meat tenderizer contains bromelain, an enzyme that breaks down meat tissue. You can find it in the spice section of your supermarket (I use McCormick). Step-by-Step Instructions 1. Slice the Meat Slice the meat between 1/8 and 1/4 inch thick with the grain. If the roast is too thick to slice easily, cut it in half horizontally before
slicing. Enjoy sharper detail, more accurate color, lifelike lighting, believable backgrounds, and more with our new model update. Your generated images will be more polished than ever. See What's NewExplore how consumers want to see climate stories told today, and what that means for your visuals. Download Our Latest VisualGPS ReportData-
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questions. Our original video podcast covers it all—now on demand. Watch Now Let us show you how to create your own venison jerky, a traditional snack loved by adventurers, hunters, and foodies alike. PinPhoto Credit: Binky's Culinary Carnival. Venison is a lean, flavorful meat harvested from deer, antelope, elk, and other ungulates. It is full of
protein, and packed with essential nutrients. It's a beloved choice for many due to its low-fat content and distinct flavor that sets it apart from your everyday beef or chicken. But when it's transformed into jerky, that's when the magic really happens. Jerky has long been a tried and true method of preserving meat, originating from the ancient
practices of indigenous peoples. Today, it serves as the perfect, protein-packed snack for long hikes, road trips, or just those moments when you need a quick, tasty pick-me-up. It's simple to make, customizable to your palate, and way better than anything you'd pick up at the convenience store. Our favorite flavor is this teriyaki. The best cuts of the
deer are the larger muscles from the rear leg and hind quarter. Top round roasts, butts, and eye-of-round all make great jerky and are the easiest to cut. Pin Decide which roast you would like to use. Put the roast in the freezer for a couple of hours until semi-frozen. With a very sharp knife (a filet knife works great for this), slice
the meat against the grain into very thin strips, about 1/8" to 1/4" thick. If you have a meat slicer, this will make the job incredibly easy. You can slice the meat with the grain if you prefer a chewier product. Thinly sliced deer meat; remove silver skin and any connective tissue before slicing. Soy sauce: Adds a salty, umami flavor to the meat. Brown
sugar: Adds just a touch of sweetness. Oil: Essential for this teriyaki-flavored marinade. Grated fresh ginger or ginger powder: Fresh ginger is best but dried can be substituted. If you'd like a smoky flavor and are doing the jerky in your dehydrator or oven, add a few
teaspoons of liquid smoke. You can add the recommended amount of Insta-cure to preserve it for longer. This is most important if using a dehydrator to dry your jerky. Step One Mix all of the ingredients together in a covered plastic or glass bowl. Add venison. Marinate for 1-2 days, shaking the batch a few times per day to mix the ingredients up
again. Don't leave the meat in the marinade for more than 48 hours. PinMarinate the sliced deer meat. Step Two Remove the slices from the jerky marinade and lightly pat dry. Cover a rimmed baking sheet. Step Three Lay venison on
the rack, not touching each other. PinLay single slices of meat on the wire rack. Note: You can also hang a piece of meat on a skewer or toothpick and feed the slices through the rack of your oven to hang them. Protect the bottom of your oven against drips with a layer of aluminum foil. Place in oven on the lowest setting. Mine is 170°F, but some have
the lowest temperature of 200°F. Dry for 4-6 hours until the jerky is still flexible when you try to break it, it will be chewy. If the jerky is still flexible when you try to break it, it will be sufficiently dry and crunchy. Store the jerky in plastic bags in the refrigerator for at least two weeks or freeze it for longer storage. It can be used for camping and hiking
trips but should be consumed within a few days. If storing in a cool, dry place for extended periods the correct amount of salt must be used, too. 2½ tablespoons of salt per five pounds of meat. Step One Mix all of the ingredients together in a covered plastic or glass bowl. Add venison. Marinate for 1-2 days, shaking the batch a few times per day to
mix the ingredients up again. Don't leave the meat in the marinade for more than 48 hours. Don't forget to use insta-cure, according to package directions, if you're drying in a dehydrator. Step Two Let some of the liquid from the marinade drip off of the slices. Pat dry with a paper towel. Lay the sliced, marinaded meat on your dehydrator trays in a
single layer. Step Three Slide dehydrator trays into the dehydrator trays into the dehydrator trays into the addition of liquid smoke, and you can dry
it at a lower temperature than you can in most ovens. Marinate the meat as above in step one. Hang slices on bamboo skewers on the racks of your smoker, threading the pieces through the racks so that they hang. Set up your smoker with wood or pellets and water. Set
 temperature to 145°- 165°F (70°C) We like to use mild woods like maple, oak, or fruit woods. However, you can use mesquite, hickory, or any other wood you like. Test pieces of jerky to determine doneness. Bend a piece of jerky to determine doneness. Bend a piece of jerky it is done
If it bends but none of the outside fibers break, it isn't quite done enough. Pin To make this recipe gluten-free, substitute tamari for the traditional soy sauce. Don't skip the marinade time. It will give the jerky move flavor. Do not marinate the meat at room temperature. This will allow harmful bacteria to grow! You can use ground meat and use a
jerky gun to make jerky. We prefer slicing thin. We find the texture is more pleasurable than the jerky gun produces. You can also ask your local butcher to slice the meat for you. Cook the jerky to your liking. Some people like jerky that is chewy
and not as dried. Others prefer their jerky to be thoroughly dried out. Use this jerky recipe with any protein you like. Most domestic and wild-sourced meats work great for jerky to be thoroughly dried out. Use this jerky recipe with any protein you like. Most domestic and wild-sourced meats work great for jerky to be thoroughly dried out. Use this jerky recipe with any protein you like. Most domestic and wild-sourced meats work great for jerky to be thoroughly dried out. Use this jerky recipe with any protein you like. Most domestic and wild-sourced meats work great for jerky to be thoroughly dried out. Use this jerky recipe with any protein you like. Most domestic and wild-sourced meats work great for jerky to be thoroughly dried out. Use this jerky recipe with any protein you like. Most domestic and wild-sourced meats work great for jerky is dehydrated, let it cool down to room temperature. This can take an hour or two. Cooling is essential because it prevents condensation from
forming when the jerky is stored, which could lead to spoilage. 2. Packaging: Next, place the jerky in a cool, dry place away from sunlight. The refrigerator is the best option but if you have a root
cellar that maintains a consistent temperature for a few days. 4. Long-Term Storage: If you want to store your jerky for longer periods (months to a year), consider vacuum-sealing it and keeping it in the freezer. While this
isn't necessary for short-term storage, it can help preserve the jerky's quality over longer periods. 5. Checking for Freshness: Always check your jerky before eating it, even if it's been stored properly. If it has an off smell, looks discolored, or has a sticky or slimy texture, it's best to discard it. Remember, homemade venison jerky doesn't have the
same preservatives as store-bought jerky, so its shelf life will be shorter. Generally, you can expect properly stored homemade jerky to last a few days at room temperature, a few weeks in the refrigerator, or up to a year in the freezer. Always use your best judgment. When in doubt, throw it out. Pin Does jerky need curing salt? Some jerky is cured
with curing salt, which is basically sodium nitrate. Some common names are Instacure #1, Prague powder, or pink curing salt. You will run into differing opinions on its use in jerky. Foodborne illnesses thrive in conditions that are found in most dehydrators. Our dehydrator has a manual temperature setting, so we dry jerky at a higher temperature. If
you have a dehydrator that only has one heat setting, that is generally under 140°F, so using the cure is actually a good idea. Always add cure according to package directions. Ingredients: 1 pound of beef (or any meat type) 2 tablespoon of brown sugar 1/3 cup of Worcestershire 1/2 cup of soy sauce 1 1/4 teaspoon of garlic powder 1 1/4 teaspoon of
onion powder 2 1/3 teaspoon of ground black pepper 1 teaspoon Liquid mesquite smoke Directions: Cut meat into consistent strips about 1/4" thick (click here to read about the importance of meat thickness consistency). Mix all of the other ingredients thoroughly, put the mix with the meat inside of a sealed bag or plastic container with a lid. Let this
marinade in the refrigerator for 4-24 hours...longer is better. Pull the meat out and lay it out on racks (click here to read about different racking methods for making beef jerky) without pieces touching. Dehydrate/bake/smoke in your equipment of choice at 160-180F (depending on your equipment's capabilities) or until your desired texture is reached
(Click here for more information about the different methods to make jerky at home) Once your desired texture is reached, let your jerky 'rest' until it reaches room temperature. At this point, it has reached it's final texture and is reached it's final texture and is reached it's final texture is reached, let your jerky 'rest' until it reaches room temperature.
jerky at home! *tip - we suggest you use our recipes and processes as a base line and make adjustments as you see fit to make the perfect jerky for you. Click here for more ideas on how to tweak this recipe for your personal tastes. Lean meat dried to prevent spoilage This article is about dried meat. For uneven motion pictures, see Jerkiness. "Beef
 jerky" redirects here. For other uses, see Beef jerky (disambiguation). Not to be confused with Jerk (cooking). Jerky Orange-marinated beef jerky Meat drying to make jerky. Gandhola Monastery, Lahaul, India Jerky is lean trimmed meat strips which are dehydrated to prevent spoilage and seasoned to varying degrees. Normally, this drying includes
the addition of salt to prevent microbial growth through osmosis. The word "jerky" derives from the Quechua word ch'arki which means "dried, salted meat".[1][2][3] Modern manufactured jerky is often marinated, prepared with a seasoned spice rub or liquid, or smoked with low heat (usually under 70 °C or 160 °F). Store-bought jerky commonly
includes sweeteners such as brown sugar. Jerky is ready to eat, needs no additional preparation, and can be stored for months without refrigeration. A proper protein-to-moisture content is required in the final cured product to ensure maximum shelf-life. Many products that are sold as jerky consist of highly processed, chopped, and formed meat
rather than traditional sliced whole-muscle meat.[citation needed] These products may contain more fat, but moisture content, as in the whole-muscle products can be found around the world, such as biltong in South Africa, pastirma in Turkey, ch'arki
(Quechua for dried, salted meat whose hispanicized spellings include charque, charqui or charqui) in South America and cecina in Spain. The main processing districts of beef jerky in China and is classified into traditional and modern
beef jerky by air drying outdoors (hand-made) or thermal drying (large-scale industrial production), respectively.[5][6][7] Beef jerky being dried Chinese bakkwa jerky Jerky is made from domesticated animals as well as game animals such as deer, kudu
springbok, kangaroo, and bison are also used.[8] Other animals such as turkey, ostrich, salmon, chicken, duck, goose, shrimps, oxen, squids, octopuses, alligator, pigeon, crocodile, tuna, emu, horse, camel, lion, bear, snake and earthworm have entered the global, national, regional or local market with varying degrees of success.[9] Most fat must be
trimmed from the meat prior to drying, as fat increases the chances of spoilage (modern vacuum packing and chemical preservatives have served to help prevent these risks). The meat must be dried quickly to limit bacterial growth during the critical period when the meat is not yet dry. To dry quickly without high temperature, which would cook the
meat, the meat must be sliced or pressed thin.[10] Salt is the most commonly added ingredient and is used to improve flavor, enhance the storage life and remove moisture from the product. Spices such as black pepper or garlic are other common ingredients. Ingredients such as soy sauce, Worcestershire sauce, sugar, teriyaki or barbecue spice can
be added to change the flavor and are usually employed in homemade beef jerky recipes.[11][12][13][14] In industrial settings, large low-temperature drying ovens with many heater elements and fans use exhaust ports to remove moisture-laden air. The combination of fast-moving air and low heat dries the meat to the desired moisture content within
a few hours. The raw, marinated jerky strips are placed on racks of nylon-coated metal screens sprayed with light vegetable oil to allow the meat to be removed easily. The screen trays are placed on racks of nylon-coated metal screens sprayed with light vegetable oil to allow the meat to be removed easily. The screen trays are placed on racks of nylon-coated metal screens sprayed with light vegetable oil to allow the meat to be removed easily.
homemade jerky, are widely available. These dehydrators work by passing heated air over the meat to remove moisture in order to dry it. The air evaporates moisture in the historical salted drying procedure. Smoking is the most traditional
method, as it preserves, flavors, and dries the meat simultaneously. Salting is the most common method used today, as it provides seasonings with a marinade, adding moisture to the meat can increase the drying time.[17][11][18] Raw meat before
dehydration into jerky After the jerky is dried to the proper moisture content to prevent spoilage, it is cooled and then packaged in (often resealable) plastic bags, either nitrogen gas flushed or vacuumed packets are filled with iron
particles, which react with oxygen, removing the oxygen from the sealed jerky package and from an opened and resealed unfinished packet.[19][20] Because of the necessary low fat and moisture content, jerky is high in protein. For example, a 30 g (about 1 oz) portion of lean meat contains about 7 g of protein. By removing 15 g of water from the
meat, the protein ratio is doubled to nearly 15 g of protein per 30 g portion. In some low moisture varieties, a 30 g serving will contain 21 g of protein, and only one g of fat. The price per unit weight of this type of jerky is higher than less-dried from some low moisture varieties, a 30 g serving will contain 21 g of protein, and only one g of fat. The price per unit weight of this type of jerky is higher than less-dried from some low moisture varieties, a 30 g serving will contain 21 g of protein, and only one g of fat. The price per unit weight of this type of jerky is higher than less-dried from some low moisture varieties, a 30 g serving will contain 21 g of protein per 30 g of jerky is higher than less-dried from some low moisture varieties, a 30 g serving will contain 21 g of protein per 30 g of jerky is higher than less-dried from some low moisture varieties, a 30 g serving will contain 21 g of protein per 30 g of jerky is higher than less-dried from some low moisture varieties, a 30 g serving will contain 21 g of protein per 30 g of jerky is higher than less-dried from some low moisture varieties, a 30 g serving will contain 21 g of protein per 30 g of jerky is higher than less-dried from some low moisture varieties, a 30 g serving will contain 21 g of protein per 30 g of jerky is higher than less-dried from some low moisture varieties, and the some low moisture varieties and the some low moisture v
sliced, whole-muscle meat has been available in specialty stores in such places as Hong Kong at least since the 1970s. The products are purchased in kilograms, and customers choose from 10 to 20 types of meat used to make the products are purchased in kilograms, and customers choose from 10 to 20 types of meat used to make the product. [citation needed] Some are sold in strands instead of slices. Compared to the sealed packaged versions,
unpackaged jerky has a relatively short shelf life. This type of jerky has also become very popular in convenience stores in the United States, where it is usually sold in clear plastic containers under the name "slab" jerky.[citation needed] Most nations have regulations pertaining to the products. There are strict requirements under the name "slab" jerky.
to ensure safe and ethical products internation of jerky products. Factories are required to have inspectors and sanitation of the United Nations (FAO) promote policies and establish measures and procedures to regulate dried meat products internationally.[21] The European Union (EU) prohibit the importation of
meat products, including jerky, without additional and extensive customs documentation, and further inspections. [22] European Union regulations on jerky, specifically biltong/jerky, focus on ensuring animal health and food safety. Imports are only allowed from countries or regions authorized for such imports, and these products must undergo
specific treatments before entering the EU. Decision 2007/777/EC outlines the specific authorization requirements and treatments. [23] In the United States, the U.S. Department of Agriculture (USDA) is responsible for that oversight. To comply with USDA regulations, poultry jerky must be heated to an internal temperature of 71 °C (160 °F) for
uncured poultry or 68 °C (155 °F) for cured poultry to be considered safe.[24] A typical 30 g portion of fresh jerky contains 10-15 g of protein, 1 g of fat, and 0-3 g of carbohydrates, although some beef jerky can have a protein for some people. A 30 g
serving of jerky could contain more than 600 mg of sodium, which would be about 30% of the recommended USRDA.[26] The global jerky snacks market size was valued at $5.66 billion in 2024. It is expected to reach $8.81 billion by 2033, exhibiting a CAGR of 4.79% from 2025-2033. North America dominates the market, holding a market share of
over 50.0% in 2024.[27] In the United States, sales of jerky snacks increased significantly, rising by 10.4% in 2024 to reach $3.29 billion. This growth can be attributed to the rising popularity of salty and spicy snacks and a growing interest in snackable protein sources. As a result, dried meat snacks have emerged as the fastest-growing category
within the United States snack food market. [28] The largest producer of beef jerky in Europe is The Meatsnacks Group (Valeo Foods). [29] They are also a major producer of biltong, another type of dried meat snack. The company has expanded its producer in North America is Link
Snacks, Inc. (Jack Link's). It holds a significant market share in the US meat jerky production industry.[32][33] Jerky, particularly beef jerky, is a common component of military combat rations, both historical and modern. It is included because it is a convenient, shelf-stable, and nutritious protein source that soldiers can easily carry and consume in
the field. Jerky has been a staple in military rations for centuries due to its durability and ability to stay fresh without refrigeration. The Continental Army in the Revolutionary War era, for example, included salted meat, and jerky as part of their rations when fresh food was scarce. It is also a common component of modern military rations, such as the
Meal, Ready-to-Eat (MRE). Some variations of jerky are found in rations like the "First Strike Ration," specifically designed for initial deployment periods, providing an "eat on the move" option. Jerky is lightweight, easy to store, and provides a concentrated source of protein and energy. It is also a great option for survival rations when fresh or
prepared food is unavailable. While traditional beef jerky is common, military rations also include other variations, such as turkey jerky and osmotically dried meat. Some experimental rations even include caffeinated jerky. [34][35][36][37][38][39][40] Ch'arki Peruvian olluquito with charqui Ch'arki (Quechua for dried, salted meat, [1] Hispanicized
and sun-drying. In some regions, such as in Puno, the meat is sliced before drying. In others, like Cusco, the meat is dried from whole bone-in carcass pieces, known as 'charqui completo'.[41] It was industrialized in charqueadas (in Brazil) or saladeros (in Argentina and Uruguay). In the United States ch'arki was Anglicised as jerky.[42][43] When
encountered by the Spanish, the Inca Empire supplied tampu (inns) along the Inca coad system with llama ch'arki for travelers. The Inca used a freeze drying process that took advantage of their cold dry mountain air and strong sun.[citation needed] Food portal Bakkwa - Salty-sweet dried meat product Biltong - Form of dried, cured meat from South
Africa Borts - Mongolian air-dried meat Carne seca - Mexican dried beef Cecina - Salted and dried or cured meat Dendeng - West Sumatran (Minangkabau) meat dish Kilishi - Hausa dish of spiced dried beef Pemmican - Food mix with long shelf life,
sometimes used as survival food Salt pork - Salt-cured pork usually made from pork belly Sukuti - Dried meat product from the Himalayas Jerky gun ^ a b Ajacopa, Teofilo Laime (2007). Diccionario bilingüe Iskay simipi yuyayk'ancha Quechua - Castellano Castellano - Quechua [Bilingual dictionary Quechua-Spanish Spanish - Quechua] (PDF) (in
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01. Retrieved 2012-03-29. Look up ch'arki in Wiktionary, the free dictionary. Commercial Item Description (CID): Cured Meat Snacks Archived 2008-10-07 at the Wayback Machine U.S. Dept. of Agriculture specification U.S. Dept. of Agriculture: Jerky and food safety fact sheet Retrieved from "Beef jerky is beef that's had most of the fat removed and
either cut into strips or chopped fine and formed into strips. The meat is then marinated or flavored with a mixture of seasonings and salt and finally, dehydrated and packaged. Beef jerky isn't generally thought of as a health food, but it can be a good source of protein. However, it's almost always high in sodium. There are lower-sodium types of jerky
available, otherwise, it's best to eat beef jerky occasionally. The following nutrition information is provided by the USDA for 1 cup (90g) of beef jerky pieces. Calories: 369Fat: 23gSodium: 1870mgCarbohydrates: 10gFiber: 2gSugars: 8gProtein: 30gIron: 4.88mgFolate: 98.1mg One piece of beef jerky pieces has contains about 82 calories and just over
two grams carbohydrate. This is a low-carbohydrate food. Much of the carbohydrate in beef jerky comes from sugar (1.1 grams) and some comes from fiber (less than half gram). The estimated glycemic load of a single piece of beef jerky is one. Many people eat more than a single serving of jerky when they consume the snack. One cup of beef jerky
pieces has 369 calories, 30 grams protein, 23 grams fat, and about 10 grams carbohydrate. There are about five grams of fat in a single piece of beef jerky is a good source of protein providing almost seven grams per piece. One cup of beef jerky has about 537 milligrams of
potassium, 7 milligrams of zinc, and more than 1800 milligrams of sodium. Nutrition information may vary based on what's used to flavor the beef jerky pieces has 369 calories, Approximately 33% of beef jerky calories are from protein, and 56%
from fat. Beef jerky's health benefits come primarily from its protein content, vitamins, and minerals. Beef jerky is dehydrated, it has a lower volume than consuming regular beef making it easier to eat more and obtain a higher amount
of nutrients for those who may need to boost their levels of these nutrients. Beef jerky provides a high amount of heme iron. Heme iron is much more absorbable for humans than non-heme iron that comes from plants. Low and deficient iron levels are common among women, especially those who are active. It's advised that female athletes ensure
they consume enough iron to prevent low or deficient levels, which can come from red meat including beef jerky. Symptoms of low iron include tiredness, weakness, poor concentration, reduced performance, restless leg syndrome, and feeling cold, among others. Athletic-based side effects of low iron include reduced power output, higher heart rate
while exercising, increased illnesses and injuries, and mood changes. Beef contains protein and zinc, each of which helps your immune system function optimally. Consuming a moderate amount of beef jerky can help you obtain sufficient levels of protein and zinc to help ward off colds and other illnesses. Be sure to eat it along with a diet high in
fruits, vegetables, and whole grains, consume enough liquids, and practice good hygiene for the best results. Getting enough protein in your diet is essential for health, and is vital for anyone hoping to build and maintain muscle, including during the aging process which can lead to sarcopenia is the natural loss of muscle that occurs as
you get older. A reduction of muscle mass increases injury risks, leading to a loss of independence for seniors. Consuming enough animal protein as an older adult is associated with better maintenance of muscle mass, regardless of exercise habits. Beef jerky contains an abundance of protein that can help you avoid muscle loss, or build muscle if you
are on a calorie surplus and performing muscle-building resistance training workouts consistently. While most beef jerky found commercially will not contain live active cultures, if you ferment your own jerky or buy naturally fermented kinds, it may help boost your gut health and aid immunity. Fermented foods are known to increase the micro-
diversity in your gut, providing live active bacteria that help boost immune function among several other benefits including better digestion. If you have a meat allergy, you should avoid beef jerky. According to the American College of Allergy, you should avoid beef jerky. According to the American College of Allergy, you should avoid beef jerky. According to the American College of Allergy, and Immunology, If you experience a stuffy nose or if your nose begins to run after eating meat, you
may have a meat allergy. You might also become nauseated or develop a rash. If you suspect an allergy to meat, avoid beef jerky and get personalized advice from a qualified medical professional. Eating processed meat has been associated with a higher risk of some types of cancer. However, it's hard to know for sure the extent to which red or
processed meat results in poor health outcomes because the studies that show this association also indicate that people who eat the most red meat tend to engage in fewer health-promoting behaviors as compared to non-meat eaters, which could be impacting the results (and have less to do with dietary choices than indicated). Beef jerky typically has
less fat than fresh red meat; it still can be a substantial source of fats, including saturated fat. Since beef jerky is usually high in sodium. A lot of beef jerky brands use sodium nitrite as a preservative. Sodium nitrite has been put
forth as one possible reason that eating processed meats may cause cancer. Nitrites are also present in other foods, such as some veggies, fruit, and dairy products, so it's hard to know for sure, but it's probably not something you need to worry about. Jerky can also be made from poultry such as turkey or chicken, wild game such as venison, or lower-
fat versions of red meat such as elk or bison. Salmon jerky is quite popular and has less saturated fat compared to other versions. These alternative forms of jerky are still high in protein but have a healthier fat profile. However, they may still be high in sodium unless you specifically buy a brand made with low-sodium ingredients. Beef jerky is
specifically designed to last a long time as a shelf-stable food. For this reason, it is used as a travel and hiking food. Grocery stores and convenience
stores also sell beef jerky. If you need to watch your salt intake, look for brands that are low in sodium. Beef jerky made from grass-fed beef may have a healthier fat profile and still be high in protein and very low in carbohydrates. Dehydration is a very old way of preserving foods and as long as it's done right, beef jerky can be stored at room
temperature for quite a long time, although it still needs to be packaged properly. Keep beef jerky in a cool dry space and refrigerate any leftover jerky at home and it's a good way to control all the ingredients and the sodium content. A dehydrator is perfect for making beef
jerky, but you can use your oven at a low temperature and get similar results. The biggest concern with making beef jerky is the possibility for contamination of salmonella and E. coli. Since dehydrators don't heat the meat up high enough to kill bacteria, the United States Department of Agriculture suggests heating your beef jerky meat to an internal
temperature of 165 degrees Fahrenheit before dehydrating it. In addition, it's a good idea to keep homemade jerky, you'll absolutely love this homemade beef jerky. It's the best on the internet, if we do say so ourselves! All you'll need is some round steak, our irresistible
beef jerky marinade, and a dehydrator to make this top-rated recipe. Beef jerky is lean, trimmed beef that has been cut into strips and dried. Drying (or dehydrating) meat with heat and salt slows bacterial growth dramatically, stretching its lifespan by many months. The word "jerky" comes from a Quechua word: "Ch'arki," which literally means "dry, and a dehydrator to make this top-rated recipe. Beef jerky is lean, trimmed beef that has been cut into strips and dried. Drying (or dehydrator) means "dry, and a dehydrator to make this top-rated recipe. Beef jerky is lean, trimmed beef that has been cut into strips and dried. Drying (or dehydrator) means "dry, and a dehydrator to make this top-rated recipe. Beef jerky is lean, trimmed beef that has been cut into strips and dried. Drying (or dehydrator) means "dry, and a dehydrator to make this top-rated recipe. Beef jerky is lean, trimmed beef that has been cut into strips and dried. Drying (or dehydrator) means "dry, and a dehydrator to make this top-rated recipe."
salted meat." This beef jerky is made from steak cut into thin strips and marinade made with spices, sauces, and seasonings that you probably already have on hand. Some beef jerky marinade so absolutely irresistible? The
combination of sweet, savory, and umami-rich ingredients. This marinade is a beautiful blend of soy sauce, Worcestershire sauce, liquid smoke, brown sugar, salt, pepper, meat tenderizer, garlic powder, onion powder, and paprika. Truly, it couldn't be easier to make this beef jerky. You'll find the full, step-by-step recipe below — but here's a brief
overview of what you can expect: Arrange beef strips in a single layer in a glass baking dish. In a bowl, mix together all of the marinade over the beef, cover, and place in the fridge for 8 hours or up to overnight. Remove the strips from the marinade and place them between two sheets of
plastic wrap. Pound the beef to 1/8-inch thickness with a meat mallet. Dry the beef in a dehydrator set to the highest setting for about 4 hours, or until the jerky is done to your liking. Avoid anything with a high fat content — the more fat there is, the harder it'll be to achieve the dry and chewy texture you're after. Plus, fatty cuts will cause the jerky to
spoil more quickly. Choose a fresh, lean cut instead. This recipe calls for round steak. You could use sirloin or flank steak, but they'll be a bit pricier. Homemade beef jerky doesn't last quite as long as commercial beef jerky in an airtight
container in a cool, dry place for up to a month. Move it to the fridge to extend the shelf life by a couple more months. If you invest in a vacuum sealer, you could make your beef jerky from our freezer full of fresh beef," says Wendy James Ashworth. "Today I made
this recipe as well as my family's reigning favorite jerky recipe. In a side-by-side taste test, this recipe was declared (5-0 votes) as the new favorite!" "You might as well double this recipe to start with," advises cheri. "This is by far the best basic jerky recipe out there. As is, it is GREAT and it leaves room for tweaking without destroying the results.
Add a teaspoon of ground or crushed red pepper for a little kick. Bump up the sugar or add honey for a sweeter side." "It is amazing," raves Jeremiah Tyson. "I also added some habanero flakes from my garden to a portion of the beef and it came out with a perfect taste and that slight sizzle I was looking for. I might just have to go get more meat and
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get this started again!" Editorial contributions by Corey Williams Home/Recipes/ Homemade Beef Jerky Recipe 2 lbs beef (top round, sirloin, or flank steak) 1/4 cup soy sauce 1/4 cup Worcestershire sauce 2 tbsp brown sugar 1 tbsp liquid smoke (optional for a smoky flavor without a smoker) 2 tsp kosher salt 1 tsp SPQR pink curing salt #1 (Prague Powder #1) 1 tsp black pepper 1 tsp garlic powder 1 tsp onion powder 1 tsp spQR smoked paprika 1/2 tsp red pepper flakes (optional for heat) Prepare the Beef: Trim any excess fat from the beef against the grain into 1/4-inch thick strips. Thinner slices will dry faster and be less chewy. Make the Marinade: In a large bowl, combine the soy sauce, Worcestershire sauce, brown sugar, liquid smoke (if using), kosher salt, pink curing salt #1, black pepper, garlic powder, onion powder, smoked paprika, and red pepper flakes. Mix well until the sugar and salts are dissolved. Marinate the Beef: Add the beef strips to the marinade, ensuring they are fully submerged. You can also use a resealable plastic bag for this step. Marinate in the refrigerator for at least 6 hours, preferably overnight. Massage the bag occasionally to ensure even coating. Prepare for Drying: Preheat your oven to 175°F (80°C). If you have a dehydrator, follow the manufacturer's instructions for

jerky. Remove the beef strips from the marinade and pat them dry with paper towels to remove excess marinade. Dry the Beef: Place the beef strips on a wire rack set over a baking sheet. Make sure the strips are not touching to allow for proper air circulation. Dry in the oven for 4-6 hours, or until the jerky is dry and firm but still slightly pliable. The drying time may vary depending on the thickness of the strips and the humidity in your environment. If using a dehydrator, set it to 160°F (71°C) and dry for 4-6 hours or until the jerky is done, let it cool to room temperature. Store the beef jerky in an airtight container or resealable plastic bag. It can be kept at room temperature for about a week, refrigerated for up to a month, or frozen for longer storage. Safety Note: Using the curing process. Measure accurately and do not exceed the recommended amount. Flavor Variations: Feel free to experiment with additional spices and seasonings like cumin, coriander, ginger, or even a bit of honey for sweetness. Enjoy your homemade beef jerky as a tasty, protein-packed snack! Store and/or access information on a device. Use limited data to select advertising. Create profiles to personalise content. Use profiles to select personalised content. Use profiles to select content. If you love a savory and chewy snack, the best homemade beef jerky recipe is a must-try. It's packed with flavor, easy to make, and perfect for on-the-go or enjoying at home. With simple ingredients, you can create a delicious jerky that beats anything store-bought. Ingredients of lean beef (top round, bottom) round, or flank steak)1/2 cup soy sauce1/4 cup Worcestershire sauce1 tablespoon smoked paprika1 tablespoon honey or brown sugar1 teaspoon black pepper flakes (optional for some heat)TimingPreparation time: 15 minutes Cooking time: 3 hr Marinating Time: 4 hr Total time: 7 hr 15 minutes Choosing the Right Cut of Beef for Jerky Choosing the right cut of beef is crucial for making the best jerky. You'll want to select a lean cut, as too much fat can make your jerky spoil faster. I prefer using top round or bottom round because they're lean, affordable, and have just the right amount of marbling to add flavor without being too fatty. Flank steak is another good option if you prefer a slightly chewier texture. Step-by-Step Makin Best Homemade Beef JerkyStep 1- Prepare the Beef: Start by placing the beef in the freezer for about 12 hours. This makes it easier to slice thinly. Once slightly frozen, slice the beef against the grain into thin strips, about 1/4 inch thick. Step 2- Make the Marinade: In a large bowl, combine soy sauce, Worcestershire sauce, smoked paprika, honey or brown sugar, black pepper, onion powder, garlic powder, garlic powder, liquid smoke, and red pepper flakes. Mix well. Step 3- Marinate the Beef: Add the beef strips to the marinade, making sure each piece is wellcoated. Cover the bowl with plastic wrap and refrigerate for at least 4 hours, but preferably overnight for maximum flavor. Step 4- Preheat the Oven or Dehydrator; If using a dehydrator, follow the manufacturer's instructions. Step 5- Arrange the Beef: Lay the marinated beef strips in a single layer on a wire rack placed over a baking sheet, or directly on your dehydrator trays. Make sure the strips aren't touching to allow for even drying. Step 6- Dry the Beef: Place the beef in the oven or dehydrator trays. Make sure the strips aren't touching to allow for even drying. Step 6- Dry the Beef: Place the beef in the oven or dehydrator trays. touch, but still slightly pliable. It should bend without breaking. How to Marinate Beef for Maximum Flavor Marinate for at least 4 hours, but overnight is even better. This allows the meat to absorb all the rich, smoky flavors from the marinade. I often experiment with different marinade ingredients, like adding a touch of maple syrup or a splash of bourbon for a unique twist. Best Methods for Drying and Cooking Beef JerkyThe two most popular methods for Drying Beef JerkyThe two most popular me jerky. However, a dehydrator is a great option if you want a more consistent and traditional drying process. Whichever method you choose, the key is low and slow—dry the beef at a low temperature over several hours to ensure it's evenly dried and safe to eat. How Long Should You Dry Beef JerkyThe drying time for beef jerky can vary depending on the thickness of the strips and your drying method. Generally, it takes about 34 hours. Check the jerky after 3 hours by bending a piece; it should be firm but not brittle. If it's still too soft, continue drying and check every 30 minutes. Tips for Perfectly Tender and Flavorful Jerky1-Use Lean Beef: Fatty beef can spoil quickly and doesn't dry as well. Always opt for lean cuts.2- Slice Against the Grain: This helps in making the jerky easier to chew.4- Don't Overdry: Dry the jerky until it's just pliable. Overdrying can make it too tough to enjoy.5- Store Properly: Keep your jerky in an airtight container to maintain freshness and prevent moisture from making it soggy. Storing Your Homemade Beef Jerky: Best PracticesProper storage is essential to keep your homemade jerky fresh. Once the jerky is completely cool, store it in an airtight container or vacuumsealed bag. It can last for up to two weeks at room temperature. For longer storage, keep it in the refrigerator for up to a month or freeze it for several months. Common Mistakes to Avoid When Making Beef Jerky1- Using Too Much Fat: Fatty beef can lead to spoilage and doesn't dry well.2- Skipping the Marinating Time: Rushing this step will result in bland jerky.3- Overcrowding the Drying Rack: This can lead to uneven drying, so give each piece enough space.4- Not Checking for Doneness: Underdried jerky can spoil quickly, while overdried jerky can be tough. Nutritional Information A serving of homemade beef jerky (about 1 ounce) typically contains: Calories: 116Protein: 12gFat: 7gCarbohydrates: 3gSodium: 590mgConclusionMaking homemade beef jerky is a satisfying experience that combines creativity with a love for delicious snacks. Whether you're prepping for a road trip, looking for a healthy snack option, or simply want to try something new, this recipe is a musttry. With these tips and my personal touches, you're sure to end up with perfectly tender, flavorful beef jerky. So, give it a try, and let the aroma of this delightful snack fill your kitchen.

- xogerade
- cowboy caviar recipe with avocado
- which word is spelled correctly a)inappropriate)occasions)stationary)toungue
- hadith pdf english
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