

Beef Jerky



Servings: 4

Notes:

- Measure your beef's weight AFTER you trim and slice it.
- #1 Curing salt is often marketed as Prague powder #1 or Instacure #1. It is different from #2 curing salt (a different kind of curing salt that won't work in this recipe) and pink salt (which isn't a curing salt at all, and will also not work as a curing agent in this recipe).
- Curing salt can make you sick if you eat it without properly processing it first. Never eat food that is being cured with curing salt before the appropriate amount of time has elapsed to allow the chemical compounds to break down. Never use curing salt as a seasoning for normal cooking. Curing salt's only culinary use is as a preservative.
- Depending on how you cut the beef will change the final tenderness of the jerky. If you cut against the grain your jerky will be more tender; if you cut with the grain your jerky will be

more chewy.

- If you plan on processing more meat, be sure to measure your curing salt very carefully. The ratio mentioned here is actually slightly higher than normal for the curing salt; a good rule of thumb is to use 1 teaspoon for every 5 pounds of trimmed beef.
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Special Equipment Needed

- Dehydrator
- Deli slicer (Optional)
- Vacuum sealing equipment (Optional)

Ingredients

- 1 Pound lean beef, trimmed of all fat possible and sliced 1/4 inch
- 3/4 Cup low sodium soy sauce
- 1/4 Teaspoon #1 curing salt

Directions

1. Mix remaining ingredients in a bowl and stir the mixture until the curing salt is completely dissolved.
 2. Dip each slice of beef into the cure mixture, then layer the beef in a sealable container. The objective is to get as much even coverage of the beef as possible to promote even curing.
 3. Once all of the beef is coated and stacked in the container, pour the remaining curing liquid into the container with the beef. Refrigerate beef and allow to cure for 24 hours.
 4. After 24 hours, lay beef on paper towels and blot away any residual curing liquid. Discard any curing liquid left in the container.
 5. Lay dried beef evenly on the dehydrator's trays; try to keep at least a little (at least 1/4 inch) space between the beef to allow for even airflow and drying. If you can't get this much space, your dehydration will just take a bit longer.
 6. Dehydrate on highest setting for 2-4 hours. My dehydrator goes up to 155 degrees Fahrenheit and takes about 4 hours to process the beef.
 7. If not planning to use right away, allow the jerky to cool to room temperature, then vacuum seal the jerky in an even layer and store in a cool, dry location.
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Variations and Modifications

- For these, just add the extra ingredients to the curing liquid before the beef. Make sure to dissolve any salt or sugar in the cure before adding the beef.

Peppered

- 1/2 Teaspoon white pepper
- 1 Tablespoon coarsely ground black pepper

Teriyaki

- 1/2 Cup brown sugar
- 1 Teaspoon white pepper
- 1 Teaspoon garlic powder
- 1 Teaspoon ginger powder

Additional Modifier Ideas

- Liquid smoke
- Pepper extract
- Meat tenderizers
- Worcestershire sauce, fish sauce, MSG, beef bouillon, etc.

Revision #2

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