

Jerky_2004.txt

Drop in the beef strips and let it set for about an hour. Then while wearing rubber gloves (no kidding...the habanero oil can irritate your skin and I don't have to explain what happens if you scratch yourself or rub your eye with habanero on your hands...ouchie wah wah) take the meat out of the mix and place it on your dehydrator tray. Spoon a little of the mix onto each piece of meat. Let it dry. Then bag it and leave it out for the pesty pets. They'll only do it once, if they have any sense at all.

BTW, I make this jerky for myself, sans habanero. Instead I add some pineapple juice, worchester sauce, and a dab of horseradish to the soaking sauce. It's GOOD.

My theory on cats liking jerky is that most jerky has been soaked in worchestershire sauce, this contains anchovies. Need I say more?

Oh yeah, after your loved pet attacks the jerky and retreats, have a bowl of COLD MILK (NOT WATER!!!) ready for him.

--- QuickBBS 2.76a Ovr
* Origin: ==SSBBS== (1:231/30)

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MAKING JERKY
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Jerky can be made from venison, elk or Buffalo, but is generally made from beef. A good lean round steak or flank steak will work great. Cut the meat in long thin strips against the grain. If there's any fat or gristle, remove it and throw it away. Cowboys used to sprinkle the meat with salt and pepper, a small amount of chili powder, and then simply hang it on wire lines in

the sun to dry.

For more flavorful jerky, marinate the meat in a solution of two tablespoons of soy sauce, two drops of Tabasco sauce or cayenne pepper to taste, 1/4 teaspoon of salt, ground pepper and one fresh clove of garlic, minced. Place meat and marinade in a Ziploc plastic bag in the refrigerator overnight. Then drain the meat and place on the oven racks to dry. The oven should be set at 140 degrees with the oven door partially open. Dry for about six to eight hours or until the meat turns dark and brittle. Other marinade ingredients that add a unique taste to the meat are red wine, red wine vinegar, Worcestershire sauce, minced onion, a pinch of thyme, oregano and marjoram.

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ANOTHER RECIPE FOR BEEF JERKY

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1 flank steak or roast	4 T lemon juice
1 clove garlic, minced	1/2 c soy sauce
1/2 c honey	1 pinch salt
1 pinch pepper	

Put steak in freezer for about half an hour, just until firm.

Slice steak across grain, about 1/4-inch thick.

Combine remaining ingredients and marinate steak strips in this for at least 2 hours.

Place slices on rack in pan and dry in oven at 150 degrees, 12 hours.

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JERKY

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1 c Worcestershire sauce	1/2 T Salt
1 c Soy sauce	1/2 T Pepper
1 T White sugar	1/2 T Onion Powder
1 clove minced garlic	1 flank steak or roast

Put steak in freezer for about half an hour, just until firm.

Slice steak across grain, about 1/4-inch thick.
Combine remaining ingredients and marinate steak strips in this for
6 to 12 hours depending on spiciness desired.
Place slices on rack in pan and dry in oven at 150 degrees, 12 hours.
Alternate: Dry in dehydrator 12 hours.

Variation:

Use Venison...double all the 1/2 T quantities above and soak for up
to 16 hours.

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Venison Jerky
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1/4 cup cider vinegar
4 tablespoons Worcestershire sauce
2 tablespoons brown sugar
1 teaspoon salt
1 teaspoon dried garlic powder
1/2 teaspoon ground pepper
1 to 2 pounds raw lean venison strips

Partially freeze meat so it can be cut easily into 1/4
inch strips. Dump remaining ingredients in bowl or big cake
pan and mix well. Marinate meat in mixture covered in
refrigerator for at least a day, turning now and then to coat
meat evenly. Shake excess moisture from marinated strips.

If oven is clean and you want to keep it that way, line
bottom with aluminum foil to catch drippings. Lay strips of
meat over cake racks or directly on oven racks. Or, to
accommodate more meat, use those spiked metal hooks used to
hang curtains, spear a strand of meat on each hook and hang
down from regular oven racks. (The more air that circulates
around meat strips, the better.) Cook for 5 to 6 hours in 175
degree oven.

Remove from oven, blot with paper towels and when cool,
store in refrigerator in old mayonnaise jars, with the tops

on, or in sealed plastic bags. It will last for a day or more without refrigeration.

Most any barbecue marinades can be used for jerky as long as they contain no oil. For stronger flavors, add more seasonings and increase marinating time.

Vinegar when added to marinade, will soften the wild taste of game meats.

Lean meats are best for jerky.

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----- Recipe via Meal-Master (tm) v7.04

Title: Sugar Cured Venison Jerky

Categories: Venison, Jerky

Servings: 1

5 lb Venison roast	1 oz Liquid smoke
1 1/2 c Sugar	2 ts Garlic
1 ts Brown sugar	3 ts Seasoning salt
15 ts Salt	1 ts Black pepper

Serves several people.

Cut venison 1 to 2 inches wide and 1/4-inch thick, 6 to 10 inches long. Put in large mixing bowl and add sugar a little at a time. Be sure to mix well. Mix brown sugar and all other spices and mix all together. Put in refrigerator approximately 6 to 8 hours. Take out and put in oven on racks, lightly pepper. Cook at a maximum of 150F until completely dry, approximately 8 hours.

----- Recipe via Meal-Master (tm) v7.04

Jerky_2004.txt

Title: Venison Jerky
Categories: Venison, Jerky
Servings: 1

5 lb Venison, boned	1/2 c Light corn syrup
3 ts Tender Quick	1/2 ts Garlic salt or powder
2 ts Black pepper	1/2 ts Onion salt or powder
1 ts Liquid smoke	2 Pinches tarragon
1/2 c Spicy brown mustard	1 ts Worcestershire sauce

Cut venison into fairly thick slices. Mix remaining ingredients. Lay strips of venison on broiler pans. Coat with sauce, salt and pepper to taste. Flip, coat with sauce, pepper and salt again to taste. Bake approximately 6 hours at 150F. Flip and continue to bake another 4 hours. Allow to cool, then place in covered container or plastic bags. Flavor will "peak" in a day or two.

----- Recipe via Meal-Master (tm) v7.04

Title: Deer Jerky
Categories: Venison, Jerky
Servings: 1

4 lb Venison	1/2 ts Italian seasoning
4 tb Onion powder	1 c Worcestershire sauce
1 1/2 ts Black pepper	1 c Soy sauce
1 1/2 ts Garlic powder	1 ts Texas Pete
2 Pinches salt	

Serves many people.

Cut venison into 1/3-inch strips or less, cutting with the grain. Combine

Jerky_2004.txt

rest of ingredients. Place meat in pan or dish and pour marinade over meat. Let stand 24 hours in refrigerator. Remove from refrigerator and place foil in bottom of oven to catch drippings. Insert toothpicks through one end of strip of meat and hang from over rack. Rack should be at highest setting. Bake at 150F for 4 hours or until dried to taste.

----- Recipe via Meal-Master (tm) v7.04

Title: Smoked Spicy Venison Jerky

Categories: Venison, Jerky, Smoked

Servings: 1

4 lb Venison roast	1/2 ts Onion powder
1/2 c Brown sugar	1/2 ts Pepper
1/4 c Salt	1/2 ts Garlic powder
1 c Water	1/2 ts Tobasco sauce
1 c Red wine	

Serves many people.

Trim fat from venison and cut into 1/4- to 1/2-inch thick slices. Place meat into the marinade made by combining the above ingredients in a glass or ceramic bowl. Marinate at least 8 hours in a cool place. Remove to a rack and allow to air dry until they become glazed. Do not rinse. Smoke for 12 to 16 hours depending on degree of desired dryness. Use approximately 3 panfuls of hickory or cherry wood chips to add to flavor.

----- Recipe via Meal-Master (tm) v7.04

Title: Smoked Oriental Venison Jerky

Categories: Venison, Jerky, Smoked

Servings: 1

4 lb Venison roast	2 oz Bourbon or brandy
1/4 c Salt	1/2 ts Onion powder
1/4 c Brown sugar	1/2 ts Garlic powder
2 c Water	1 ts Grated ginger
1 c Apple cider/or cider vinegar	1 ts Grated orange peel
1/2 c Soy sauce	6 White cloves (optional)

Serves many people.

Trim fat from venison and cut into 1/4- to 1/2-inch thick slices. Place meat into the marinade made by combining the above ingredients in a glass or ceramic bowl. Marinate at least 8 hours in a cool place. Remove to a rack and allow to air dry until they become glazed. Do not rinse. Smoke for 12 to 16 hours depending on degree of desired dryness. Use approximately 3 panfuls of hickory or cherry wood chips to add flavor.

Title: Beef Jerky #1

Categories: Beef, Appetizers, Snacks

Servings: 30

1 1/2 lb Flank steak

Select a 1/2 inch thick flank or top round steak. trim away all fat then partially freeze until firm. Slice across the grain in a 1/4 to 1/2 inch wide strips. Place meat strips in a shallow dish or heavy plastic bag. Add soy or teriyaki sauce to cover meat. If desired onion or garlic powder or Worcestershire sauce may be added. Toss to coat each piece. Cover and refrigerate several hours or over night. Lift meat from marinade, drain

Jerky_2004.txt

Yep! That's the one. I changed the recipe a little, I guess.

1/2 cup soy sauce

1/2 cup honey

1 clove garlic

pinch of salt

1/2 tsp black pepper

I increased the pepper and left out the lemon. This creates a stronger flavor and a little spicier too. I use either London broil or I get the local supermarket to slice up a center-cut rump roast.

I just cooked up a batch with the recipe with lemon in it. Its a little milder than my other batches, but it too is disappearing. :-)

... MONEY TALKS ... but all mine ever says is GOODBYE!

--- Blue Wave/Max v2.12 [NR]

* Origin: FLOTOM * Austin, Tx * (512)282-3941 * H16/V34 (9:92/0)

----- Recipe Extracted from Meal-Master (tm) v6.14 -----

Title: Deer Jerky McDermott

Categories: Wildgame Venison

Servings: 1

1 x deer, sliced 1/8" thick

2 T hickory smoked salt

1 T garlic salt

2 T monosodium glutamate

4 T seasoned pepper

2/3 c soy sauce

1/3 c Worcester sauce smoked

1 x tabasco sauce to taste

Jerky_2004.txt

sauce and hickory flavoring; marinate for 8 hours, turning frequently. Place meat on a cookie sheet and bake at 200°F for 6 to 8 hours, to the degree of hardness you prefer.

*** Katherine Larkin from Montana's Dana Ranch ***

(Countryside Magazine / Sept/Oct 92)

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.00

Title: Spiced Pickled Pears

Categories: Snacks, Appetizers, Relishes, Pickles

Yield: 1 quart

6 lg Pears, peeled & halved	1 t Allspice
3 c Water	2 Cinnamon sticks
2 1/2 c Light brown sugar	1/2 t Brown mustard seed
1 c White vinegar	1/2 t Yellow mustard seed
1 t Cloves	1 Ginger, 1-inch thick slice

In a large saucepan, bring water, sugar and vinegar to a boil over medium-high heat. When sugar has dissolved, add spices and pear halves, reduce heat and simmer until pears are almost soft through -- about 25 to 45 minutes, depending on ripeness and variety of pears. Test for doneness by pricking thickest part with a sharp knife. Remove pears and place in a sterilized 1-quart jar. Bring pickling liquid to a boil, reduce by half, pour over pears and seal.

(Countryside Magazine / Sept/Oct 92)

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MMMMM----- Recipe via Meal-Master (tm) v8.00

Title: Pear Custard Tart

Categories: Pies, Desserts, Fruits

Yield: 8 servings

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MMMMM-----** PASTRY **-----
 1 1/2 c Flour          1 1/2 Sticks unsalted butter
  1/4 t Salt           2 T Ice water
  2 T Sugar

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MMMMM-----** PEARS **-----
 6 c Water              1 Vanilla bean
 3/4 c Sugar            2 Lemon zest, 1/2-inch wide
 2 Cinnamon sticks     - strips
 1 t Whole black peppercorns 4 lg Bartlett pears

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MMMMM-----** CUSTARD **-----
 2 Eggs                 1/2 t Vanilla extract
 1/4 c Heavy cream      2 T Sugar
 2 T Flour

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** Pastry **

Place flour, salt and sugar in a food processor and mix once. Add butter and mix with short pulses until mixture forms coarse crumbs. Slowly add water and mix with short pulses until pastry clumps together but doesn't form a ball. Transfer dough onto waxed paper, press into a flat, 5-inch round, wrap tightly and refrigerate for at least an hour.

Preheat oven to 400°F and butter a 10-inch tart pan with removable bottom. Roll out pastry and fit into tart pan, cover with foil and refrigerate for at least 2 hours. Prick pastry all over with a fork, line it with foil and fill with baking weights, rice or dried beans. Bake crust until edges are golden, about 20 minutes. Remove foil and continue baking until

pastry is golden all over, an additional 5 to 10 minutes, and remove from oven.

** Pears **

To prepare poaching liquid, whisk together water, sugar and spices in a saucepan. Bring to a boil over medium-high heat. Add pear halves and simmer until pears are nearly soft throughout -- about 25 minutes to an hour, depending on ripeness and variety of pears. Test pears at 15-minute intervals; when poached, remove from liquid and cool on a plate.

** Tart **

To assemble tart, slice pears crosswise into 1/2-inch slices. Place the blade of a knife lengthwise under the pear, and press gently on the pear until you have a pear half that is elongated. Transfer pears to tart shell, placing them in a circle with stem ends facing center.

** Custard **

To make the custard, combine eggs, cream, flour, vanilla, and sugar in a food processor. Pour custard over and around pears to within 1/4-inch of the top of the crust. Bake in the center of a 350°F oven until custard is golden brown on top and set, about 25 minutes. Remove tart from oven and cool for 5 minutes on a wire rack. Remove the ring and cool tart completely. Transfer tart, still on its metal base, to a serving platter.

(Countryside Magazine / Sept/Oct 92)

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Because of the mailers -- be sure to change all the "MMMMM" back to "-----" before you try to import the recipes.

The other two recipes will provide a use for all those pears that are laying around going bad.... :+}

Jerky_2004.txt

1/8 c Water
1 tb Onion powder
1 ts Garlic powder; or
1 Clove garlic; crushed
1 tb Fresh ground black pepper
1 ts Honey
1 lb Firm or extra firm tofu

Cut and drain the tofu. I usually take a 1 lb cube, cut it in half, and then slice it into strips on its short side. Strips should be about 4-5 mm in thickness. They may look big, but they'll shrink to about half their size.

Mix all the marinade ingredients together well. Put the tofu in a single layer in a shallow baking pan or cookie sheet and pour the marinade over it. Let soak for several hours or overnight.

Drain excess liquid (and reuse!) and dry tofu in food dehydrator or warm (200 F) oven. This will take probably 4-8 hours, depending on weather. If you live in a sunny, dry climate (Colorado in the summer), you can sun dry it, it'll take all day.

If you dry indoors in the winter, your house gets filled with a wonderful smoky smell. If you're drying in the oven, you'll need to flip the tofu over hourly so it dries evenly. The stuff is delicious and keeps indefinitely. Dry the stuff until it's very chewy, but not crispy.

Be creative: Use low-sodium soy if you want less salt (it is rather salty) Use tabasco or ground cayenne if you want it hot. Chili powder makes chili jerky. Oregano and basil makes pizza jerky. From: richichi@lamar.ColoState.EDU (Mike Richichi)

Posted 03-06-94 by DORIE VILLARREAL on F-HomeCook

Jerky_2004.txt

Msg : 75 of 102 - 74 + 76

From : Lawrence Kellie

9:2500/164

Sat 17 Jun 95 09:42

To : All

Subj : Jerky ta ya CR

AA

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Venison Jerky

Categories: Meats

Yield: 4 servings

3 lb Lean Venison

1 tb Salt

1 ts Onion Powder

1 ts Garlic Powder

1 1/2 ts Pepper

1/3 c Worcestershire sauce

1/4 c Soy Sauce

Cut the venison into strips 1/4 to 3/8" thick. Mix other ingredients together, and marinate meat strips in it over night, in the refrigerator. Drain and pat dry with towel. Place in smoker until proper consistancy is reached. Use only two or three pans of chips. Store in covered jar, or in plastic bags.

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--- FMail 1.0g

* Origin: Complements of Cala Creek Resort (9:2500/164)

Ä [80] Survnet: SURV_FOOD (9:91/0) AAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAÄÄ SURV_FOOD Ä

Msg : 76 of 102 - 75 + 77

From : Lawrence Kellie

9:2500/164

Sat 17 Jun 95 09:42

To : All

Jerky_2004.txt

Subj : Jerky ta ya CR

AA

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Sweet and Spicy Jerky

Categories: Meats

Yield: 2 servings

- 2 lb Round, or Venison Steaks
- 3/4 c Sugar
- 1/4 c Salt
- 1 tb Pepper
- 1 tb Soysauce
- 3 tb Hoisin Sauce (See Narrative)

Hoisin sauce is found in Chinese food section of food stores.

Slice the meat into thin slices as for other jerky receipes. Using the blunt edge of a cup or similar object "pound" out the meat without tearing it. Sprinkle with pepper. Roll in 3 parts sugar to 1 part salt. Cover and refrigerate for 24hrs. Add the soy and Hoisin sauce (and other spices if desired) to the juice in the dish. Stir to mix the meat with the marinade. Refridgerate another 24 hours. Dry as for other jerky.

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--- FMail 1.0g

* Origin: Complements of Cala Creek Resort (9:2500/164)

Ä [80] Survnet: SURV_FOOD (9:91/0) AAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA SURV_FOOD Ä
Msg : 77 of 102 - 76 + 78

Jerky_2004.txt

From : Lawrence Kellie

9:2500/164

Sat 17 Jun 95 09:42

To : All

Subj : Jerky ta ya CR

AA

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Oven Jerky #1

Categories: Meats

Yield: 6 servings

2 lb Lean Flank or Brisket

1/2 c Soy Sauce

1/4 ts Garlic Salt

1/4 ts Black Pepper

1 x Allspice *

1 x Cinnamon *

* Optional, definitely worth trying

Cut meat across grain into 1/4 inch thick strips. Coat well with soy, salt, and pepper mixture. Bake at 150 degrees for 12 hours. Jerky is done when it is black on the outside, and when bent, it will crack but not break. Store in airtight jar.

From "The Wild Gourmet"

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--- FMail 1.0g

* Origin: Complements of Cala Creek Resort (9:2500/164)

Ä [80] Survnet: SURV_FOOD (9:91/0) AAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA SURV_FOOD Ä

Jerky_2004.txt

Msg : 78 of 102 - 77 + 79

From : Lawrence Kellie

9:2500/164

Sat 17 Jun 95 09:42

To : All

Subj : Jerky ta ya CR

AA

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Oven Jerky #2

Categories: Meats

Yield: 6 servings

1 ea Flank Steak

1 ea Clove

1/2 c Honey

1 x Pepper

4 tb Lemon Juice

1/2 c Soy Sauce

1 x Salt

Put steak in freezer for 1/2 hr, until just firm. Slice across the grain into 1/4" thick strips. Combine remaining ingredients and marinate steak strips in this for at least 2 hours. Place slices on rack in pan, and dry in oven at 150 degrees for 12 hours, or until when bent, it will crack, but not break

From "The Wild Gourmet"

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--- FMail 1.0g

* Origin: Complements of Cala Creek Resort (9:2500/164)

Ä [80] Survnet: SURV_FOOD (9:91/0) AAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA SURV_FOOD Ä

Msg : 79 of 102 - 78 + 80

Jerky_2004.txt

From : Lawrence Kellie

9:2500/164

Sat 17 Jun 95 09:42

To : All

Subj : Jerky ta ya CR

AA

MMMMM----- Recipe via Meal-Master (tm) v8.02

Title: Microwave Jerky

Categories: Meats

Yield: 3 servings

- 1/2 lb Trimmed venison *
- 1/4 ts Salt
- 1/3 ts Garlic Powder
- 1 ts Accent
- 1/4 ts Black Pepper
- 1/4 c Worcestershire Sauce
- 1/4 c Soy Sauce
- 1/4 c Water
- 6 ea Drops Liquid Smoke

Cut meat into 1/8" thick strips, which is easier if it is slightly frozen.

combine ingredients, and place with meat in refrigerator overnight to marinate. Then place the meat strips in a microwave roasting rack. set the microwave on high for 4 to 6 minutes. after 4 minutes add time in 30 second increments. The idea is to have a dried jerky, which means a color change from brown to dark brown, and a consistency in the meat that has changed from supple to leathery in it's texture. That's it!

From "The Complete Guide to Game Care & Cookery"

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Jerky_2004.txt

14:13:00

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--- FMail 1.0g

* Origin: Complements of Cala Creek Resort (9:2500/164)