



Subj : Jerky ta ya CR

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

Title: Jerky

Categories: Snacks

Yield: 1 servings

Meat (beef, deer, etc.)

Soy Sauce

Brown Sugar

Cooking Oil

2 tb Coarsely ground black pepper

2 tb Garlic powder

2 tb Lawry's Seasoned Salt

2 tb Gebhardt Chili powder

Cut meat into 1 1/2 by 1/4 by 5 inch strips.

Soak meat in a mixture of Soy sauce, 1 T. brown sugar and 1 T. oil for 2 to 4 hours.

Pat dry.

Mix seasonings well and place in a clean shaker. (Ed. note: why not specify a dirty shaker? Might make it more authentic!)

Using a foil-covered cookie sheet, place meat (1 layer) and sprinkle mix over it to taste.

Fold foil edges up to keep in mixture.

Dry at 140 to 180 degrees for 5 to 8 hours.







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... fisherman, spelunker, canoeist, and general outdoor type person.  
\_\_\_ Blue Wave/QWK v2.12

--- TriToss (tm) Professional 1.0 - (Unregistered)

\* Origin: Adventure Sports BBS-McCalla,Al. (205)477-4214 (9:6900/8.0)

\* Exported from MasterCook II \*

Home-Made Beef Jerky`

Recipe By : National Cowboy Hall of Fame Chuck Wagon Cookbook  
Serving Size : 1 Preparation Time :0:00  
Categories : Beef Cowboy

Amount	Measure	Ingredient -- Preparation Method
2	Lb	Flank Steak, Trimmed *
1/2	C	Worcestershire Sauce
1/4	C	Soy Sauce
2	Tbsp	Liquid Smoke Flavoring
1 1/2	Tsp	Seasoned Salt
1 1/2	Tsp	Onion Salt
1/2	Tsp	Garlic Powder
1/2	Tsp	Pepper -- freshly ground
		Nonstick Vegetable Cooking Spray

\* Use lean venison or elk flank if it is available.

1. Freeze the flank steak until partially frozen, about 1 hr. Using a sharp knife, cut diagonally across the grain into 1/4-inch-thick strips. (For chewier jerky, cut with the grain, but this is only recommended for card-carrying cowboys.)
2. In a large plastic bag (preferably the self-sealing kind), mix the remaining ingredients except the cooking spray. Add the sliced beef and

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mix well. Seal the bag and refrigerate for at least 8 hours or up to 24 hours, turning the bag occasionally so the beef strips are evenly marinated.

3. Remove an oven rack from the oven and lightly spray the rack with nonstick vegetable spray. Remove the strips from the marinade, shaking off excess marinade. Pat the strips dry with paper towels. Arrange the strips, close together but not touching on the rack. Line the bottom of the oven with aluminum foil (to catch drips).

4. Preheat the oven to 150 F. Place the oven rack with the jerky in the oven. Bake until a cool piece of jerky (remove from the oven and cool 5 mins) breaks when bent, about 5 hours. Blot any surface fat with paper towels. Cool completely. Store in an airtight container for up to 1 month at cool room temperature, 3 months in the refrigerator, or 6 months in the freezer.

Makes about 1 lb from M.K. Borchard of Borchard Feedyard of Brawley, CA.

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Subject: Re: dehydrator recommendations

I agree with Don. I have owned both and the American Harvester is far superior. In fact I was in Sam's Wholesale Club today and they were selling for about \$47.00. That is quite a bargain. The Ronco requires you to continually rotate trays (because of lack of fan and heat control) and the American Harvester is just load it and go. The important reason for the heat control is that the product must lose moisture at an even rate, otherwise you will develop a hard outer skin and wet insides or vice versa. also the temperature is important for doing jerky. The Ronco takes much longer also.

BTW an excellent marinade for jerky is equal parts liquid smoke and soy sauce.