

The Ultimate Guide to Making the Best Jerky



107 Barbecue Sauce, Rub and Marinade Recipes: Plus A Great Jerky Recipe by Rupert Robertson

★★★★☆ 4.5 out of 5

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Jerky is a delicious and portable snack that's perfect for hikers, backpackers, and anyone else who loves to spend time outdoors. It's also a great way to use up leftover meat. But if you've never made jerky before, it can be hard to know where to start.

That's why we've put together this comprehensive guide to making jerky. We'll cover everything you need to know, from choosing the right meat to drying and storing your jerky. We'll also share our favorite jerky recipe, so you can start making your own delicious jerky today.

Choosing the Right Meat

The first step to making great jerky is choosing the right meat. The best cuts of meat for jerky are lean and have a good amount of marbling. This will help to ensure that your jerky is tender and flavorful.

Here are some of the best cuts of meat for jerky:

- Beef: Top round, bottom round, flank steak, brisket, or rump roast
- Pork: Pork loin, pork shoulder, or ham
- Turkey: Turkey breast
- Venison: Venison loin, venison shoulder, or venison backstrap

Preparing the Meat

Once you've chosen your meat, it's time to prepare it for drying. First, trim off any excess fat or sinew. Then, slice the meat into thin strips, about 1/4 inch thick. The thinner the strips, the faster the jerky will dry.

Marinating the Meat

The next step is to marinate the meat. This will help to add flavor and tenderness to your jerky. There are many different jerky marinades to choose from, so experiment to find one that you like. Here's a simple jerky marinade recipe that you can try:

- 1 cup soy sauce
- 1/2 cup Worcestershire sauce
- 1/4 cup brown sugar
- 1/4 cup honey
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon black pepper

Combine all of the ingredients in a large bowl and mix well. Add the meat to the marinade and cover it completely. Refrigerate the meat for at least 4 hours, or overnight.

Drying the Meat

Once the meat has marinated, it's time to dry it. There are two main ways to dry jerky: using a dehydrator or using an oven.

Using a Dehydrator

A dehydrator is the best way to dry jerky because it circulates warm air around the meat, which helps to evenly dry it out. If you have a dehydrator, follow the manufacturer's instructions for drying jerky.

Using an Oven

If you don't have a dehydrator, you can also dry jerky in the oven. Preheat the oven to 175 degrees Fahrenheit. Line a baking sheet with parchment paper and place the meat strips on the baking sheet. Bake the meat for 4-6 hours, or until it is completely dry and leathery.

Storing Jerky

Once your jerky is dry, it's important to store it properly to prevent it from spoiling. Jerky can be stored in an airtight container in the refrigerator for up to 2 weeks, or in the freezer for up to 6 months.

Great Jerky Recipe

Now that you know how to make jerky, here's a great jerky recipe that you can try:

- 1 pound beef top round, sliced into 1/4 inch strips
- 1 cup soy sauce
- 1/2 cup Worcestershire sauce
- 1/4 cup brown sugar
- 1/4 cup honey
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 teaspoon black pepper

Combine all of the ingredients in a large bowl and mix well. Add the meat to the marinade and cover it completely. Refrigerate the meat for at least 4 hours, or overnight.

Remove the meat from the marinade and discard the marinade. Pat the meat dry with paper towels.

Preheat the oven to 175 degrees Fahrenheit. Line a baking sheet with parchment paper and place the meat strips on the baking sheet.

Bake the meat for 4-6 hours, or until it is completely dry and leathery.

Let the jerky cool completely before storing it in an airtight container.

Making jerky is a great way to preserve meat and create a delicious snack. By following these tips, you can make the best jerky possible.

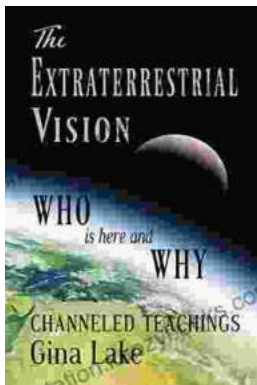
So what are you waiting for? Start making your own jerky today!



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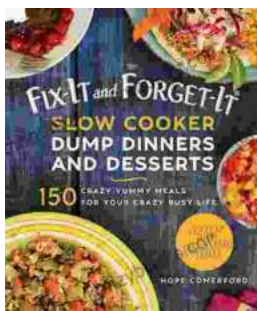
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