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### ***Jerky Cure and Seasoning Instructions***

Jerky is fun, economical and easy to make. The cure and seasoning in your kit contains the very finest spices and herbs available and can produce a wide variety of products. However, careful attention should be given to the instructions. We recommend making a couple of small batches (1 to 2 lbs.) at first paying careful attention to each detail before experimenting on your own.

1. Mix the spices and cure according to the "Spice and Cure Mixing Chart" below. Mix only the amount you need. Be sure to store the remaining unmixed spices and cure in an air-tight container until needed.

Note: We use pure, unextracted spices, leaving all the natural oils intact. Because of these oils, caking can and will occur in some regions at certain times of the year. We are sorry for the inconvenience. Simply crush up the spices. No quality will be lost.

2. Although many types of meat can be used, we recommend making the first batch out of sliced whole muscle (round or flank steaks – beef or wild game is preferred). Slice the whole muscle ¼" thick, with the grain. This operation is made super easy with the Hi Mountain Jerky Board & Knife Set.
3. Cut the meat into strips of desired lengths and widths, always allowing for shrinkage. Weigh the meat **AFTER** cutting into strips. Now you know the exact amount of mix to use.
4. Lay the strips flat on an even surface. Pat dry (if you have just washed game meat, be sure to dry it before applying the Cure and Seasoning).
5. Using the blended spices and cure, apply to the prepared meat using the enclosed handy sprinkler bottle.
6. Sprinkle the first side of meat with approximately ½ of the measured mix. Turn the meat over and sprinkle the remaining mix on the meat. It is next to impossible to get even distribution on the meat, especially the ends and the edges, Therefore, put all seasoned strips in a large mixing bowl and tumble by hand until the Cure and Seasoning have been spread evenly over the entire batch.
7. Stack the strips, pressed together tightly, in a NON-METALLIC container or a zip lock bag and refrigerate 24 hours. If refrigeration space is limited, wrap with plastic and refrigerate 24 hours. Your HI MOUNTAIN Jerky Cure & Seasoning is especially formulated to penetrate meat at the rate of ¼" per 24 hours. If thicker pieces of meat are used, increase curing time accordingly – for instance, cure 3/8" strips approx. 28 hours. Do not cure any meat less than 24 hours.

#### **NOW YOU ARE READY TO COOK/SMOKE YOUR FIRST BATCH OF JERKY**

8. **OVEN:** Place foil or pan on bottom of oven to catch drippings. Lay the strips on the oven racks, making sure there is air between each piece (our Jerky Screen are perfect here). Place in oven for 1 to 1 ¼ hours at 200F with the oven door open just a crack. Taste the jerky frequently. When the jerky is cooked to your liking, stop

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cooking. The jerky is made with cure and seasoning, it does not have to be dry to the point where you can't chew it like store bought jerky. Remember, taste often while cooking or smoking.

- 9. SMOKEHOUSE: Here again, all home smokers are different in size, wall thickness, location (inside/outside), temperature, wind, heat source, etc. This is where you need to experiment. We recommend smoking the jerky at 200F for 2 ½ hours with smoke on; however, if your smoker will not reach 200F, leave the product in longer – but do not smoke for more than 3 hours until you have tasted the first batch.

**DO NOT OVER COOK – DO NOT OVER SMOKE**  
*Too much smoke can produce and "off" flavor.*

- 10. DEHYDRATOR: Follow your dehydrator instructions. Again, jerky does not have to be cooked so hard you can't chew it. Test often.
- 11. After smoking/cooking and before storing, always pat dry, leaving your jerky free of excess grease.

**HI MOUNTAIN JERKY CURE AND SEASONING ARE OLD RECIPES, MADE WITHOUT PRESERVATIVES, SO AFTER COOKING, ALWAYS KEEP YOUR JERKY FROZEN OR REFRIGERATED.**

Experiment, have fun. If you have meat that has been in the freezer for a while, make jerky. Example: You have a chuck roast in the freezer or last year's deer roast, cut it up into 1" square chunks, remove excess fat and gristle, and make jerky nuggets. They are delicious. Remember, with HI MOUNTAIN Jerky Cure & Seasoning you don't have to smoke or cook jerky until it's so hard you can't chew it. Enjoy!

NOTE: The Teriyaki and BBQ spices are not as dark in color as the other jerky spices, they are more finely grained and fluffier. Taste to be sure which is which. In some jerky cure kits the cure is labeled.

**SPICE AND CURE MIXING CHART FOR WHOLE MUSCLE MEAT**  
(Always use standard measuring spoons level full.)

POUNDS OF MEAT	HM SPICES	HM CURE
1	1 ½ teaspoon	2 teaspoons
2	1 tablespoon	1 tablespoon + 1 teaspoon
3	1 tablespoon + 1 & 1/2 teaspoon	2 tablespoons
4	2 tablespoons	2 tablespoons + 2 teaspoons
5	2 tablespoons + 1 1/2 teaspoon	3 tablespoons + 1 teaspoon

- Have fun – enjoy!!!
- When making larger batches, use the correct combination as shown in chart.
- Always keep your mixing chart handy.

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- Remember, measure the spices and cure accurately.

Even though early-day pioneers didn't know it, jerky made with lean meat is low in cholesterol, low in fat, full of protein, high in energy and is an excellent food for camping, biking, hiking, skiing, lunches – any occasion where you want to enjoy a light snack. Make jerky the whole year round!

**HOW TO MAKE JERKY / MEAT SNACKS FROM GROUND MEAT**

This cure and seasoning is excellent for use with Extra Lean Ground Meat.

1. Make 1 to 4 lbs. at a time. We suggest you start with a small batch at first.
2. Mix Cure and Seasoning according to the chart below.
3. Add ½ cup ice water per pound of meat. Mix meat, water and seasoning thoroughly for approximately 5 minutes or until sticky.
4. After mixing, wrap in plastic and refrigerate for at least 4 hours or overnight.
5. After removing from the refrigerator, lay the seasoned meat between 2 large sheets or wax paper. Roll meat with a rolling pin into a large rectangular patty approx. ¼" thick.
6. Cut into strips 1" wide or wider with a wet table knife. Remove from wax paper and place in oven (smoker or dehydrator) on top rack at 200F for 1 hour 20 minutes or more if you like a drier product.

When making jerky with ground meat, the jerky master is excellent, while the screen is a must. Make a small batch at first. Test frequently during cooking. And remember, refrigerate after smoking/cooking.

**SPICE AND CURE MIXING CHART FOR WHOLE GROUND MEAT**

(Always use standard measuring spoons level full.)

POUNDS OF MEAT	HM SPICES	HM CURE
1	2 & 1/2 teaspoons	2 teaspoons
2	1 tablespoon + 2 teaspoons	1 tablespoon + 1 teaspoon
3	2 tablespoons + 1 & 1/2 teaspoon	2 tablespoons
4	3 tablespoons + 1 teaspoon	2 tablespoons + 2 teaspoons
5	4 tablespoons + 1/2 teaspoon	3 tablespoons + 1 teaspoon

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