



26 Lyerly St. Houston, TX 77022 713-691-2935 800-356-5189 Fax: 713-691-3250

The Jerky Marinade

- 3/4 cup Worcestershire sauce
- 4 tbsp liquid smoke
- 1/2 oz bottled garlic juice or liquid from two garlic cloves
- 1 level tsp salt
- 1/3 cup dark brown sugar
- 2 lbs. lean meat
- Course ground black pepper
- Louisiana hot sauce (optional)

After eliminating as much exterior fat as possible, cut a beef eye-of-round into long strips approximately 1/3 to 1/2 inch square (slice with the grain of the meat). (Deer, moose, elk, and caribou meat will work, but use lean cuts and slice with the grain.) Mix all marinade ingredients, except the pepper.

Use the following formula for the hot sauce:

- 1 shake - Very mild
- 2 shakes - Mild
- 4 shakes - Hot

Place marinade and meat in a zip lock bag. Squeeze out the air and seal. Place in a bowl/pan in the refrigerator for 2 - 24 hours (longer gives a deeper flavor).

Line a large roasting pan with aluminum foil and place wire cake racks in it. Spray the racks with a non-stick cooking spray such as Pam. Lay the marinated meat strips across the racks and sprinkle liberally with very coarse-ground black pepper. Place in an electric stove oven for about 7-8 hours on the very lowest warm setting. Additionally, the oven door should be cracked open an inch or so to allow the moisture to escape (a metal kitchen spoon does fine). Over drying will make the jerky dry and brittle, so be careful.

The beef in this recipe can also be dried nicely in a dehydrator. This jerky needs refrigeration as it contains no cure.

Tips:

Before slicing, put the meat in the freezer until just firm (2 hr.); it will slice much more easily and uniformly. You can slice the strips of meat thin and wide, like bacon, if you like. However, don't make them too thin or they will be crisp. An electric food slicer save time and gives a uniform thickness to the meat. Be sure to set it at about 1/4" Make a small batch the first time and see whether your taste will want more/less garlic, salt, brown sugar, etc. The 'heaviness' of the Worcestershire sauce can be diluted with water, if need be. Store in a zip-lock bag for freshness.

Be sure to WATCH THE GRAIN of the meat when slicing: Across the grain for tender and with the grain for tough and chewy.

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Another Good Basic Jerky Marinade Using Game Meat. Also excellent for marinating tenderized cutlets.

- 5 lbs. venison back strap, tenders or muscled out hind quarters
- 1 c. water
- 1 c. Worcestershire sauce
- 3/4 c. Soy sauce
- 3/4 c. Teriyaki sauce
- 3 tsp. onion powder
- 3 tsp. garlic powder
- 3 tsp. coarse black pepper

Optional: (For 5 lbs. of meat)

- 1 level tsp. cure (if you process at temperatures under 160°F).
- Add 5-oz. liquid smoke (if you do not have a smokehouse) to the seasonings and mix with the meat.
- For sweetness add either: 4 oz. dark corn syrup or 3 tbsp. brown sugar.
- 1-2 tsp. cayenne pepper (to add heat)

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