

Making Beef Jerky

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By Marion Perry

I have always enjoyed Velda's homemade jerky. Before Teddy this year, I dug out the recipe that we had received at a workshop long ago and made two wonderful batches using bottled teriyaki sauce and a lime mesquite marinade. Unfortunately, I forgot about BSE and the closed border. My wonderful jerky, a whole roast, was confiscated. If you're not travelling to the U.S., you may want to try this. It does not require a dehydrator.

Use lean round or sirloin roast. Cut slabs along the grain (approximately one inch thick). Partially freeze the slabs to make slicing easier.

Slice across the grain (1/8 to 1/4 inch thick).

Place sliced meat in marinade for at least 12 hours in refrigerator. Use your favourite marinade or this basic jerky recipe:

Mix together:

4 tsp salt

1 tsp pepper

3 tbsp BBQ sauce

3 dashes liquid smoke

3 tbsp brown sugar

1 tsp garlic salt

1 tsp chilli powder

1/4 tsp cayenne pepper

dash Tabasco

2 tbsp Worcestershire sauce

1/2 cup water

Drain meat. Put a toothpick through the end of each slice and hang from oven racks, or use a bamboo skewer and place several slices on it, arranging them so they hang down between the wires of the rack.

Turn oven on to lowest setting propping door open with a wooden spoon. Time for drying will depend on amount of meat (8 to 12 hours). Meat should crack but not break when done. Store in airtight containers.