



“Teaching research-based practices of safe home food preservation to the residents of Solano and Yolo Counties.”

Marinades for Jerky

BASIC MARINADE and How to Make Jerky -- Good for Beef and Turkey Jerky

For up to 4 pounds of lean meat:

- ¼ cup soy sauce
- ¼ cup barbeque sauce
- ¼ cup catsup
- ¼ cup Worcestershire sauce
- 1 teaspoon garlic powder
- ½ teaspoon hickory smoke flavoring
- 1 teaspoon cracked pepper



Mix ingredients together. Place thin strips of meat in marinade for 6-12 hours depending upon your taste preference. Mixture must be refrigerated during this process. Then dry the meat for 6-10 hours at 140 to 155 degrees in your dehydrator. **NOTE:** Raw meat must be heated to 160 degrees either before drying or after drying for food safety*.

SMOKY Beef Jerky

For up to 2 pounds very lean meat:

- 2 tablespoons water
- ½ teaspoon liquid smoke flavoring
- Salt and pepper to taste

Mix ingredients together and brush onto the prepared meat for jerky. Heat before to 160 degrees either before or after drying in an electric dehydrator set to 140- 155 degrees F.

ASIAN Jerky Marinade

For 2 pounds of lean meat:

- 1 ½ teaspoons sugar
- 1 cup soy sauce
- 1 clove garlic, minced or mashed
- 1 teaspoon grated ginger root or ½ teaspoon powdered ginger

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Mix ingredients together and let meat pieces soak in the refrigerator. Follow process under BASIC recipe above.

SPICY Jerky Marinade

For 2 pounds of lean meat:

- 1 teaspoon onion powder
- ½ teaspoon black pepper
- ½ teaspoon garlic powder
- ¼ cup soy sauce
- ½ cup Worcestershire sauce

Follow directions as stated in the BASIC Marinade recipe found on the first page.

*** Preventing Foodborne Illness---**

- The risk of foodborne illness from home-dried jerky can be decreased by allowing the internal temperature of the meat to reach 160 degrees F. Three methods can be used to achieve this: (1) heat the raw meat to 160 to 165 degrees F before putting in the marinade; (2) heat the meat strips in marinade before drying or (3) heat the dried jerky strips in an oven after the drying process is completed. Directions follow:
 1. Heat the meat at 350 degrees F until meat reaches 160 (165 for poultry). Then cool and slice into slices. Place strips into the marinade mixture and store in the refrigerator for 6-12 hours according to taste preference. Then dry for 3-6 hours according to instructions in the BASIC recipe on the first page of this document.
 2. After marinating the raw jerky meat, bring the marinade and the meat to a boil and boil for 5 minutes before draining. Then place the meat strips into the electric dehydrator and proceed.
 3. If meat is not heated before marinating, it can be heated following drying by placing the dried jerky strips into a 275-degree F oven and heat them for 10-15 minutes or until it a thermometer reads 160 degrees.

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