



Marinated Jerky

Buy meat on sale and preserve it by making jerky. It is a tasty snack enjoyed by children and adults.

Yield: Dried meat will weigh less than half of the original weight. For example, five pounds of fresh meat should weigh approximately 2 pounds after drying or smoking.

Note: In this recipe, the meat is pre-heated to 160°F in a boiling marinade, then placed in the dehydrator. If the meat is heated after dehydration, put into an oven preheated to 275°F for 10 minutes.



Source: UCANR

Instructions

1. Partially freeze meat to be made into jerky so it will be easier to slice.
2. Cut partially frozen meat into long slices no more than 1/4-inch thick. For tender jerky, cut the meat at right angles to the long muscles of the meat (across the grain). Remove as much visible fat as possible to help prevent off flavors.
3. Prepare 2 to 3 cups of marinade of your choice in a large sauce pan.
4. Bring the marinade to a full rolling boil over medium heat. Add a few meat strips, making sure they are covered by the marinade. Reheat to full boil.
5. Remove pan from range. Using tongs, remove strips from hot marinade (work quickly to prevent overcooking) and place in single, non-overlapping layers on drying racks. (Repeat steps 4 and 5 until all the meat has been precooked.) Add more marinade if needed.
6. Dry at 140 to 150°F in dehydrator, oven or smoker. Test for doneness by letting a piece cool. When cool, it should crack but not break when bent. The meat should not have any moist or underdone spots.
7. Refrigerate the jerky overnight in plastic freezer bags, then check again for doneness. If necessary, dry further. Soaking the strips in marinade before precooking is not advised because the marinade could become a source of bacteria. Putting unmarinated strips directly into the boiling marinade minimizes a cooked flavor and maintains the safety of the marinade.

Tip: Ask the butcher to slice the meat 1/4" thick which will save time. If slicing yourself, put meat into the freezer for about 30 minutes prior. This will help to get the thin slices. Uniform slices will dehydrate more evenly and prevent case hardening, which can lead to some spots that are hard on the outside but still raw on the inside.