

Last Updated 1-26-2013

Conversions (US to metric)

Reducing recipes can be much simpler by using the metric volume in terms of milliliter (mL).

1 tbs (Tablespoon) = 14.78mL ~ 15mL

1 tsp (Teaspoon) = 4.93mL ~ 5mL

1 cup = 236.6mL ~ 240mL

Selection of Meat

All these recipes use beef that is typically sliced to 1/4" thick. It is important to remove as much fat as possible to prevent the jerky from becoming rancid. The simplest way to minimize the fat content is to start with a leaner piece of whole muscle such as roast.

Once the meat is dried it reduces in weight by as much as 50% if the jerky is completely dried to a point it has the consistency of leather. I personally like to dry mine to the consistency of kipper beef, which yields about 75% of the original weight.

Slicing the meat can be a challenge when it is completely thawed. Typically I slice mine using a meat slicer when it is still half frozen.

Good beef cuts for jerky:

- Top Round Steak
- Flank Steak
- Rump Roast
- Eye of Round Roast (my personal favorite)

Dehydrating Methods

Some people like to use a smoker at about 150F, but no more than 160F. Above 150F the meat is cooked and not dried. My preference is to use a simple household dehydrator at the maximum setting (145F on mine).

Drying Times

The total drying time is effected by the moisture content and the size of the slices. Over the years of trying various sizes I settled on using 3/8" by 3/8" strips that take 4-5 hours. In the past I have done strips as thick as 1/4" by 1-2 inches wide, which took 7-9 hours.

Sweet n Spicy Jerky Recipe

From post on <http://www.smokingmeatforums.com/forum>, "bilder"

Marinade:

Ingredient	5 lbs meat	3 lbs meat	1 lbs meat
Soy sauce	1 cup (240mL)	144 mL	48 mL
brown sugar	3/4 cup (180mL)	108 mL	36 mL
Molasses	1/2 cup (120mL)	72 mL	24 mL
Worcestershire sauce	1/4 cup (60mL)	36 mL	12 mL

Seasoning:

Ingredient	5 lbs meat	3 lbs meat	1 lbs meat
Garlic powder	2 tbs (30mL)	18 mL	6 mL
Onion powder	2 tbs (30mL)	18 mL	6 mL
Red pepper flakes	1 tbs (15mL)	9 mL	3 mL
Black pepper	1 tbs (15mL)	9 mL	3 mL
powdered cayenne pepper	1 tsp (5mL)	3 mL	1 mL
Morton Tender Quick	(follow the instructions on package)		

I mix the wet ingredients separate from the dry. Make sure the sugar dissolves well. Then evenly sprinkle dry ingredients over meat. Then lay the meat in a pan or bowl. Add one layer at a time. Once one layer is done I apply some marinade in-between layers. Add next layer of spiced meat then add additional marinade over top of next layer and so on. You can adjust the recipe for your weight of meat but the Tender Quick should be 1 tablespoon (TBS) per each pound of muscle meat. Refrigerate for 24 hours, then lightly rinse meat under cold water and pat dry before dehydrating or smoking. **The less rinsing of the meat the spicier it will tend to be.**

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Basic Jerky Marinade/Cure

From post on <http://www.smokingmeatforums.com/forum>, "Earache_My_Eye"

Ingredient	5 lbs meat	3 lbs meat	1 lbs meat
Lawry's Seasoned Salt	2 tbs (30mL)	18 mL	6 mL
Onion Powder	2 tbs (30mL)	18 mL	6 mL
Garlic Powder	1 tbs (15mL)	9 mL	3 mL
Black Pepper (coarse ground)	1 tbs (15mL)	9 mL	3 mL
Brown Sugar	1/4 cup (60mL)	36 mL	12 mL
Liquid Smoke (if not doing in smoker)	2 tbs (30mL)	18 mL	6 mL
Soy Sauce	1/4 cup (60mL)	36 mL	12 mL
Worcestershire Sauce	1/4 cup (60mL)	36 mL	12 mL
Hot Tap water	2 cups (480mL)	288 mL	96 mL
Cayenne Pepper (optional)	1 tbs (15mL)	9 mL	3 mL
Morton Tender Quick	(follow the instructions on package)		

Mix dry ingredients in a large bowl. Add hot water and stir to dissolve. Add remaining ingredients and stir. Let cool. Pour over meat in a large air-tight container. Mix well and refrigerate for 24 hours, stirring several times during this period. Dehydrate meat using your preferred method...(smoker/oven/dehydrator). If smoking, omit liquid smoke.

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Alton Brown's Jerky

Flank steak is the best. I totally trust him on every food issue!
Here is the recipe from Alton Brown of Food Network:

Beef Jerky

Recipe courtesy Alton Brown, 2005

Show: [Good Eats](#)

Episode: [Urban Preservation II: The Jerky](#)

1 1/2 to 2 pounds flank steak
2/3 cup Worcestershire sauce
2/3 cup soy sauce
1 tablespoon honey
2 teaspoons freshly ground black pepper
2 teaspoons onion powder
1 teaspoon liquid smoke
1 teaspoon red pepper flakes

Special Equipment: 1 box fan, 4 paper air-conditioning filters, and 2 bungee cords

Trim the flank steak of any excess fat, place in a zip-top bag, and place it in the freezer for 1 to 2 hours in order to firm up.

Remove the steak from the freezer and thinly slice the meat with the grain, into long strips.

Place the strips of meat along with all of the remaining ingredients into a large, 1-gallon plastic zip-top bag and move around to evenly distribute all of the ingredients. Place the bag into the refrigerator for 3 to 6 hours.

Remove the meat from the brine and pat dry. Evenly distribute the strips of meat onto 3 of the air filters, laying them in the grooves and then stacking the filters on top of one another. Top these with 1 empty filter. Next, lay the box fan on its side and lay the filters on top of it. Strap the filters to the fan with 2 bungee cords. Stand the fan upright, plug in and set to medium. Allow the meat dry for 8 to 12 hours. If using a commercial dehydrator, follow the manufacturer's directions.

Once dry, store in a cool dry place, in an airtight container for 2 to 3 months.