

LONE STAR LABRADORS

HOME CURED JERKY

1-1/2 to 2 pounds lean, boneless meat
¼ cup soy sauce
1 tablespoon Worcestershire
¼ teaspoon pepper

¼ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon hickory smoke flavored salt
Hot sauce or Tabasco, optional

Trim and discard all fat from meat. Cut meat into 1/8 to ¼ inch thick slices. In a bowl, combine soy sauce, Worcestershire, pepper, garlic powder, onion powder and smoke flavored salt. Stir until seasonings are dissolved. Add all the meat strips and work them thoroughly into the mix until all surfaces are well coated. The meat will absorb most, if not all, of the liquid. Cover tightly and let stand overnight in the refrigerator. Shake off any excess liquid, sprinkle course ground black pepper on both sides. Arrange strips of meat close together, but not overlapping, directly on oven racks or cake racks set in shallow rimmed pans. Dry meat in oven at the lowest possible oven setting, 150° to 200°, until it turns brown, feels hard and is dry to the touch. This will take 5 hours for chicken or turkey, 4 to 7 hours for beef and venison. Pat off any beads of oil. Cool and store in airtight plastic bags or in jars with tight fitting lids. Keeps in refrigerator or at room temperature indefinitely.

Men love to make this! This particular jerky can be made from beef flank, brisket or top round steak, venison or white meat from chicken or turkey. Partially freezing meat makes it easier to slice evenly. Cut with the grain for chewy jerky, across the grain for more tender, brittle jerky.

Don Bradford

A Few Tips

Cut two strips of wood about 1 inch wide, ¼ inch thick and a foot long. Oil them with mineral oil and use them as a guide for your knife to slice the strips of meat. Place them parallel to each other the width of the meat you are slicing.

Place a large plastic bag on your kitchen table and spread the meat on it to season prior to drying out.

Drying racks that will fit in your oven can be purchased from Cabela's. Other racks can be used, but oil them lightly so the meat does not stick. You can also hang the meat using heavy bamboo skewers and suspend them between the grills in your oven. Oil the skewers lightly before use with mineral or vegetable oil.

Slicing the meat when it is partially frozen is a big help. It's easier to handle and slices much better.

Use a sharp, non-serrated filet knife for slicing.

This recipe is great for venison. Those who don't care much for the meat will love this formula.