



Cool Recipes | Homemade Beef Jerky



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INGREDIENTS

- Meat (Any inexpensive cut. I prefer brisket.)
- Marinade
 - Salt
 - Pepper
 - Water
 - Vinegar
- BBQ Seasoning
 - Favorite BBQ sauce (dilute with water at about a 1:2 ratio (Use 2-3 times as much water as sauce))

INSTRUCTIONS

Select choice of meat and trim off any fat. Slice strips against the grain about 1/8 to 1/4-inch thick. Marinate or season meat 1 hour to overnight. Add additional salt to taste.

Line bottom of oven with foil. Remove the oven cooking grate and arrange the beef strips on it over the sink to prevent less marinade drip. Set oven to 140 degrees or as low as it goes. Using a wooden spoon (no plastic! it could melt), prop open the oven door to vent. Bake about 2-6 hours depending on thickness.

After about 2-3 hours check for doneness. Take a piece of jerky and bend it. If it bends easily or feels juicy it needs more time. When it starts to stretch or tear the fibers when you bend it is near done.

Remove and let the jerky air dry. Eat right away or wait 24 hours to fully dehydrate at room temperature before packaging it.