Ingredients\n

Lean Red Meat\n

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Instructions\n

Choose lean meat for dehydrator jerky recipes. \n

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Fatty meat or heavily marbled meat will not dry adequately, and any fat left on the meat may go rancid in storage.\n

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Beef round, flank, and chuck steak, rump roast, or brisket are suitable cuts of beef for jerky.  Similar cuts from other animals are suitable as well.\n

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Remove any visible fat and sinew on the meat with a sharp knife.\n

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Meat should be very cold when sliced to make slicing easier.  Cut into strips 1/4-inch-thick and 1 1/2 inches wide by 4 to 8 inches long.\n

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For chewy jerky cut with the grain of the meat and for brittle jerky slice across the grain.\n

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Presoak the meat in white vinegar, 5% acetic acid, for 10 minutes then drain the meat and discard the vinegar. This helps to reduce the surface bacteria and the possibility of food born illnesses.\n

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Place the meat in a glass container.  Cover completely with the marinade.  Refrigerate 4 hours or overnight.\n

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Drain the marinade from the meat.  There is no need to rinse the meat strips before drying.

Place the meat strips in a single layer on dehydrator trays, ensuring that no two pieces are touching.\n

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Dehydrate at 160F for 4 to 6 hours.  Check the strips after 4 hours and turn the pieces over on the dehydrator trays to ensure that the meat is drying evenly.\n

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It is dry to touch.\n

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There is no coolness to the pieces.\n

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The jerky is a uniform temperature all along the piece with no cold spots.\n

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A piece cracks when you bend it.\n

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It will leave strands but does not snap in two.\n

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After drying, place jerky on a baking sheet in an oven set to 275F, bake for 10 minutes to ensure the safe storage of the jerky.\n

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For longer storage put the jerky in a sealed bag in the freezer.  Jerky will keep for 6 months in the freezer or 1 month in the refrigerator.\n

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