

Title:

Homemade Beef Jerky

Word Count:

219

Summary:

Even though our forefathers didn't know it, lean fresh meat jerky is low in cholesterol and fat and very high in protein, making jerky a nutritious and wholesome snack. Jerky is an excellent energy food when camping, biking, skiing, or anytime you want a light snack.

Keywords:

free online recipes, recipes, beef recipes

Article Body:

<p>Even though our forefathers didn't know it, lean fresh meat jerky is low in cholesterol and fat and very high in protein, making jerky a nutritious and wholesome snack. Jerky is an excellent energy food when camping, biking, skiing, or anytime you want a light snack. </p>

3 lbs. meat (not ground meat)
2/3 cups Worcestershire Sauce
2/3 cups Soy Sauce
1 tsp. Black Pepper
1 tsp. Garlic Powder
1 tsp. Onion Powder
1 tsp. Salt
2 tsp. smoke flavoring
2 tsp. Tabasco Sauce

<p>Mix all marinade ingredients together in a large (gallon size) plastic zipper bag. Add sliced meat (cut about ¼ inch) and refrigerate, mixing and turning about every hour. You should marinate it over night.</p>

<p>When you're ready to begin drying, place a sheet of aluminum foil on the bottom of the oven. Drain meat in a colander and pat dry with a paper towel (the drier the meat now, the better). Set oven at about 150 degrees and place the meat strips on the ovenracks. Leave the oven door open to allow the moisture to escape.</p>

<p>The drying time may vary due to ovens and the size of the meat. The meat

should be firm and dry, and not spongy at all. But if the jerky is so dry that it snaps in two easily, than it's over dried. </p>