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Make

# Your own Beef Jerky

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- Skills and guides - DIY, Making things. -



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**Description :**

Simple instructions to make your own tasty meat jerky.

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## Your own Beef Jerky

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Hello, here is my personal beef jerky recipe. I like my jerky very dry, so this will produce an excellent DRY jerky.

You need:

- Beef meat, a good piece, not too tender (waste of money) not too rubbery (else it will get very rubbery). you can also use other meat than beef, indeed, including venison.
- Some fish sauce (Cambodian or Vietnamese Nuoc Nam).
- Some soya sauce (mine is Chinese mushroom soya sauce).
- Garlic cloves (if you fancy it).
- Jeera (cumin).

Hardware:

- A good, very good knife
- A bowl for the maceration
- A dehydrator (best) or a fan oven set to unfreezing (40 deg C), or any other way you can imagine to have 40 degrees dry air passing through the meat, including drying it in the sun protected by a fly net.

Cut the beef thin cutting perpendicular to the muscle, 2 mm is the maximum thickness. I use 250 ml (one quart) of fish sauce for 2 kg of beef, one clove of garlic per kilo. Mix it well with the garlic, jeera, and sauces. Let the beef suck the mix. You must taste the mix, as fish sauces are salted differently depending on brand and origin, there is no way to tell if it is too salted, unless by tasting a bit raw, so add the sauces slowly, let soak a few minutes, taste and repeat if necessary.

Do not worry about the awful fish odour, the final product will not, I repeat, WILL NOT smell or taste fish.

Lay it on the dehydrator trays, or in the oven, and let dry. I dry it totally, as it preserves better, that is why I cut it thin!

*Click on pictures to see a bigger image*



**Cutting the meat** Cut the beef (very) thin, perpendicular to the muscles, preferably:

**Prepare your ingredients** Fish sauce (the big bottle, mushroom sauce, cumin).

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**Marinate.** Marinating, a good third of each bottle went in. The beef sucks it in a matter of minutes.

**Lay it out for drying** And spend some time unfolding and laying stuff. I have an air dryer, but you can use a modern fan oven set to 40 degrees C (defreezing)



**Remove when dried** Then after 24 hours, it is TOTALLY dry (I like it crispy)

**And pack** This is at the end how it looks like. It has been broken into smaller pieces for space, and there must be 1.5 to 2 kg of beef in this 500 grams pack.

This is a great food for camping and hiking. It can be eaten raw (I defy you to keep your first batch more than two days, so it is good), but it can also be used as a supplement into soups, a condiment to gathered food, or to pollenta, breads, cassava...

Do not hesitate to make your own variations, and tell us what they are.

Enjoy!