

# Uncle Dave's Favorite Beef Jerky

I have tried a lot of jerky recipes, but I always come back to this one as I think this one is the best one of them all. And so simple to make.

- 3 pounds lean beef
- 1 tablespoon salt
- 1 teaspoon Prague Powder No. 1 (also known as "Insta Cure No. 1" \* or "LEM Cure"\*\*)
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon ground black pepper
- 1/4 cup soy sauce
- 1/3 cup Worcestershire sauce

MEAT: To save time, I use store bought sandwich steaks for the meat. Just trim off all fat, and cut to the right jerky size.

PREPARATION: Beef Jerky can also be made from a variety of game meats like moose, elk, and antelope. The meat is made as lean as possible by removing all fat, sinew and gristle. Too much fat in the jerky can cause rancid meat. The meat then is cut into strips about 1/4" thick and about 3/4" in width. The ingredients then are all mixed and poured over the meat. Meat then should be mixed gently to distribute the sauce more evenly. I make enough marinade to completely cover the jerky.

Let meat marinate in refrigerator for 24 hours. Meat should be overhauled once or twice during this 24-hour period.

DRYING: Jerky may be dried in a variety of ways. If you own a food dehydrator I am sure that the instructions that came with it can be applied to drying jerky.

An electric smoker is great for drying jerky. Preset smoker at about 110-115 degrees when empty. Then fill with jerky and let dry. The bottom shelf usually dried first so it helps to change the shelves around. Put bottom shelves on top, top shelves on bottom to keep the jerky evenly dried. Jerky can be ready to eat between 5 to 7 hours depending on ventilation of smoker (movement of air will dry jerky faster).

Source: David J. Ruhland; Reedsburg, WI  
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\*Can be found at:

<http://www.sausagemaker.com/>

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\*\*Can be found at:

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