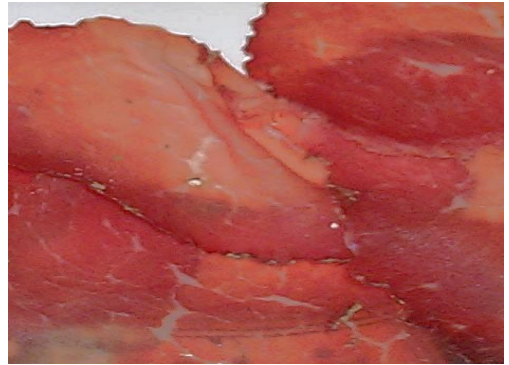


Dried Beef (Len's Version)

U.S.	Ingredient	Metric	Percent
6 lb.	Beef sirloin-very lean	2725.0 g	94.2
4 tsp.	Salt	100.0 g	3.5
4 Tbs.	Sugar	50.0 g	1.7
1 1/8 tsp.	Cure #2	8.0 g	0.3
2 tsp.	Pepper, black	5.0 g	0.2
1 tsp.	Garlic, granulated	3.0 g	0.1
1 tsp.	Pepper, cayenne [optional]	1.5 g	0.05
6 lb.	← Totals →	2.9 Kg	100.0



Method:

1. Trim the meat of all visible fat, connective tissue and silver skin.
2. Mix all the dry ingredients together and process in a spice grinder to a fine powder.
3. Divide the mixture into three equal portions.
4. Rub 1 portion over the meat; work it in well and place meat in a tray or zip-loc bag.
5. After day 3, pour off any liquid produced and rub in the second portion of cure into the meat.
6. Repeat at day 6 with the third portion.
7. After day 9, rinse off any excess cure with water...do not soak!
8. Air dry meat for several hours until dry to the touch--a low fan may help here.
9. Hang in a cool place (55°F and +/- 50% R/H) to dry.
10. The meat should be hung for at least a minimum 3 weeks. (It may be kept longer as the beef improves with age)
11. When ready to eat, meat should feel firm, yet be "creamy" and should have lost about 35% of its weight.

Len Poli –<http://lpoli.50webs.com>

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Sonoma Mountain Sausage Company - Santa Rosa, California