

Frank's Chewy Jerky

U.S.	Ingredient	Metric	Percent
5 lbs.	Beef, lean	2268.0 g	80.66
¾ cup	Soy sauce (low salt)	170.0 ml	7.50
½ cup	Bottled water	125.0 ml	5.50
4 Tbs.	Light brown sugar	44.0 g	2.00
2 Tbs.	Worcestershire sauce	30.0 ml	1.35
1 tsp.	Salt	22.0 g	1.00
1 Tbs.	Liquid smoke	15.0 ml	0.70
1 Tbs.	Guar gum*	8.0 g	0.35
1 Tbs.	Onion powder	8.0 g	0.35
1 tsp.	Insta-cure #1	5.7 g	0.25
2 tsp.	Garlic powder	5.6 g	0.25
2 tsp.	Course ground pepper	4.2 g	0.20
½ tsp.	Red pepper flakes	1.2 g	0.05
6 lb.	← Totals →	2.7 Kg	



This formulation is based on metric measures; U.S. measures are approximate!

*use salt shaker - Guar gum is a thickening agent that is used in fruit leather and Fruit Roll Ups. Guar gum can be bought at any health food store or online.

Method:

1. Remove all fat—if it's white, remove it.
2. Partially freeze the meat. Slice meat with the grain into ¼" wide pieces.
3. Mix all ingredients together, except the meat. While stirring, add the guar gum with a salt shaker to prevent lumping. The ingredients will gel immediately to a "Vaseline" consistency.
4. Add the meat, mix for 5 minutes by hand. The "gelled marinade" will coat each piece of meat.
5. Cover; refrigerate 24 hours.
6. Meat can be dried in a dehydrator or smoked until meat can bend without breaking.

In this recipe, all the brine is used to coat the meat. If you prefer, some brine can be removed with a paper towel prior to drying. Why not try it both ways?

Formulation developed by:

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