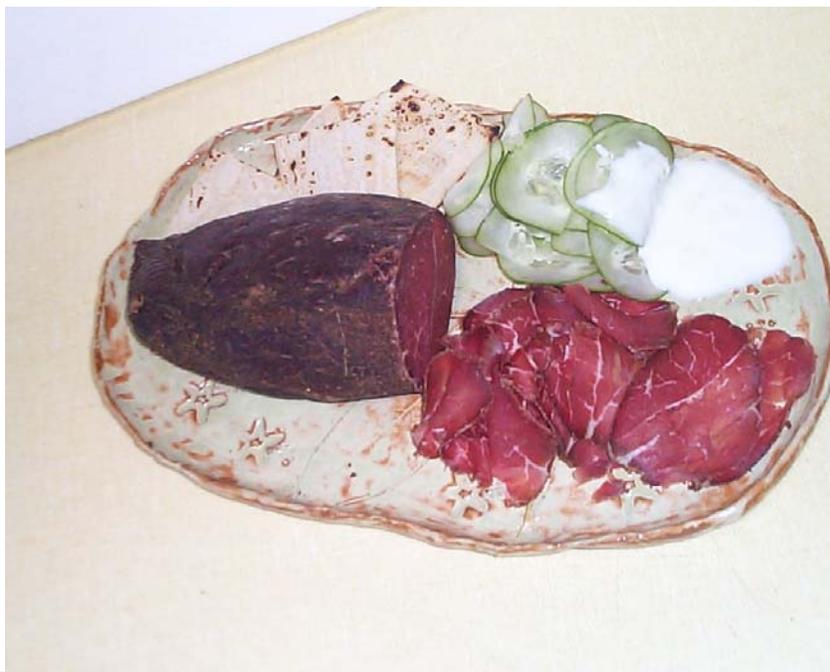


Basterma- Armenian Dried Beef

Variations of this meat are found in Turkey, Lebanon and Syria. Sometimes written as Pasterma. Some villages make a very hot (red pepper) version of this meat.

U.S.	Ingredient	Metric
2.2 lb.	Beef Sirloin	1000.0 g
4 Tbs.	Tender Quick Cure	55.0 g
3 Tbs.	Fenugreek	28.0 g
2 Tbs.	Paprika	14.0 g
2 tsp.	Garlic, powdered	6.0 g
1½ tsp.	Cumin	4.5 g
1 tsp.	Allspice	2.0 g
1 tsp.	Pepper, black	2.0 g
1 tsp.	Pepper, cayenne	2.0 g
2½ lb.	← Totals →	1.1 Kg

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



Method:

1. Select a cut of beef from sirloin (about 2 ½ pounds) and trim it to about four inches thick, removing all fat and connective tissue.
2. Mix the cure with the remaining ingredients and process in a spice mill or coffee grinder to a powder.
3. Rub meat with this mixture and store it in a thick, ½ gallon ZipLoc bag in refrigerator for 6 days; rotate the bag once a day but do not drain off any liquid.
4. Rinse meat well with cold water, let drain until the surface is dry. This can be done in the refrigerator if desired.
5. When the meat is dry, enclose it in netting or stockinet and hang in an airy place (65°F/50% R/H) to dry about 3-4 days.

Len Poli – Sonoma, California

Copyright © - September 2004 (All rights reserved)