

Dry Beef

5 lb.	Beef Round, Lean	2.2 Kg
2½ qt.	Water	2.4 L
4 Tbs.	Salt	88.0 g
2 Tbs.	Cure #1	11.5 g
5 Tbs.	Brown Sugar	55.0 g
1-2 Tbs.	Liquid Smoke*	15-30 ml

* Depends on how smoky you want your Dry Beef. You can omit it if you wish. [Liquid smoke from The Sausage Maker is outstanding].



Traditionally, Dry Beef is cold-smoked for weeks in the smokehouse and is very dry. This recipe is for a "semi-commercial" product that takes less time to produce and is mild and moist. Use lean round and trim all fat and connective tissue. Venison or lean mutton is an option. The amount of brine is determined by how much it takes to cover the meat. This brine is very mild.

Discussion:

This recipe produces a mild Dry Beef. Most home-made, and much commercial, Dry Beef is too salty. You can slice this right after it comes out to the smoker and has chilled 24 hours, or dry it in the refrigerator for a week or so. It can be eaten on a sandwich, or made into creamed Dry Beef. If you dry it in the refrigerator for an extended period of time, you end up with a very dry product, suitable for munching with a few beers, like Jerky.

Methods:

1. Mix all of the dry ingredients and the Liquid Smoke, if using, with the water.
2. Remove all fat and connective tissue from the beef rounds and cut the rounds into 2 or 3 oblong pieces. Not cubes!
3. Pump the meat with brine. It isn't too critical how much you use. Just ensure that the pieces of meat start to plump when you inject. Store the meat in brine in the refrigerator for ten days.
4. Stuff the meat into netting and allow it to drain for a few hours at room temperature.
5. Place in a pre-heated smoker at 130°F. Heat, without smoke, until the internal temperature is 100°F, or until the meat surface is dry. Increase the heat so that the smoker temperature is at 160°F. Smoke to an internal temperature of 130°F.
6. Hang the meat in the refrigerator for 24 hours, or up to a week, to dry down a bit.
7. Remove the netting and slice paper-thin. (You'll need a meat slicer for this).



Brined, refrigerated and netted



After Smoking

How to use this product:

If you prefer a snack, dry your meat for a few weeks in the refrigerator. Sliced thin, it has the texture of Jerky. Moist Dry Beef goes great on a roll for lunch. If you want to make Creamed Dry Beef, or S.O.S., proceed as follows. Partially defrost your package of Dry Beef (we use 3/4 to 1 lb. in a Zip-Loc[®] bag) and slice the block about 3/4-inch thick. Place the meat in a cast iron frying pan with a bit of butter or olive oil and brown it. Add about 2 Tbsp. flour and brown. Now add milk and stir while heating. Add a few grinds of freshly-ground black pepper. You are looking for a mixture that is a bit stiff, once heated. Of course, you can add additional milk to make a "thinner" mix. Serve over toast. This is great for breakfast (traditional) or supper. This is true Pennsylvania Dutch fare where you use a small amount of meat and stretch it with flour and your own milk to feed a family.



Creamed Dry Beef

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