

## How to make your own Jerky

- Cut meat into thin strips (easiest to cut meat that is still partially frozen).
- Place meat in marinade and marinate overnight – 24 hours.
- Place meat strips on paper towel and blot to remove excess marinade.
- Place meat strips on rack (cooling rack placed over cookie sheet). Gently stretch (jerk) pieces of meat as you place them on the rack.
- Dry in oven. Lowest temperature the oven will go, 170 degrees F. About 2 hours for thin strips, longer for thicker strips. It is done when you can pull them and see white as the meat tears.

### Marinades:

#### Jerky (for venison or beef – 1 ½ lbs. to 2 lbs.)

¼ cup Worcestershire sauce

¼ cup gluten free soy sauce

1 tsp. black pepper

1 tsp. garlic powder

1 tsp. onion powder

1 T liquid smoke

#### Soy Lime (1 lb. of meat)

3 T gluten free soy sauce

½ t grated lime zest

1 T freshly squeezed lime juice

1 tsp. brown sugar

¼ tsp. red pepper flakes

\*Choose lean cuts of meat without any fat.

#### Honey Dijon (1 lb. of meat)

3 T Dijon mustard

1 T honey

¼ tsp. paprika