

Beef Jerky

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You don't need a food dehydrator to make delicious beef jerky, and you will be surprised by how easy it is to make this delicious snack. Slice meat into thin slices and soak in soy sauce before slowly baking at a low temperature; the result is flavorful and chewy beef jerky perfect for lunchtime snacks.

Ingredients:

- 1 1/2 lb flank steak
- 1 c. soy sauce

Directions:

1. Trim away all fat from flank steak. Wrap in plastic wrap and freeze 1-2 hours or until partially frozen and firm.
2. Slice across grain into 1/4 inch to 1/2 inch wide strips.
3. Place sliced meat in shallow dish. Add soy sauce to cover meat and gently toss to coat.
4. Place sliced beef on baking rack to dry. Air dry for 2-3 hours.
5. Preheat oven to lowest possible heat (175 degrees F to 200 degrees F). Place baking rack in oven and bake until meat is completely dried (approximately 4 hours). Remove from oven and allow to air dry overnight.
6. Store in air-tight container in refrigerator.

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