



INSTRUCTIONS

For Making Homemade

JERKY



WHOLE MUSCLE JERKY

Pre-Prep Procedures:

- a. Assemble meat, spices, thermometers, aprons and assure cutting boards and knives are clean and sanitized. Use non-reactive containers, such as stainless steel or non-metallic tubs or bowls.
- b. Meat is best sliced when slightly frosty.



1. Slice meat between 1/2" to 3/4" for sticks and about 1/4" thick for slab jerky (See Tip 1).



2. Weigh meat and use enclosed WHOLE MUSCLE recipe chart to portion out spice and cure. Mix spice and cure together.



3. Spice mixture is applied dry. Add spice/cure mixture to meat in a mixing tub and thoroughly distribute through meat. Refrigerate 4 or more hours (or overnight) to allow cure to penetrate meat. Remix prior to laying out meat for cook/dry procedure.

- a. Hi-Country's Powdered Smoke flavors work great to build depth with a smoky flavor when making home oven or dehydrator jerky. If used, these would be mixed in along with the spice (available in stores or online at www.hicountry.com)



4. Lay seasoned meat on a wire tray or cookie sheets (if using home oven). Allow seasoned meat to rest at room temperature for 15 minutes prior to cook procedure.

- a. When drying jerky, it is easier to check for doneness when thick and thin pieces are on separate trays.

Use the following charts for easy batch conversion.

Recipe for WHOLE MUSCLE JERKY		
Total lbs. of Red Meat	Amount of Spice	Amount of Cure*
18 to 20 lbs.	All (16.32 oz.)	1 full packet
10 lbs.	1-1/3 Cups	1-1/4 tsp.
5 lbs.	2/3 Cup	5/8 tsp.
3 lbs.	5-1/2 Tbsp.	3/8 tsp.
1 lb.	2 Tbsp.	1/8 tsp.

The spice usage rates above are guidelines only. Using more or less is a matter of personal preference.

* Cure Instructions: Use of the cure packet in jerky is optional. If cure is not used then REFRIGERATION IS REQUIRED.

5. COOK/DRY PROCEDURES:

Review Tips & Tricks prior to proceeding with the following.

This is a two step cook/dry process recommended by the USDA to assure destruction of harmful pathogens prior to drying the meat. Internal temperature must reach 160° F. prior to the drying cycle (See Tip 2).



HOME OVEN COOK SCHEDULE:

Suggested Cook Schedule - results may vary with different ovens.



- A.** Preheat oven to 325° F. This temperature will allow for pathogen destruction prior to the drying cycle (See Tip 2).
- B.** Place wire tray (use pan or tin foil to catch drippings) or cookie sheet in oven.
- C.** Insert temperature probe into seasoned meat (See Tip 3).
- D.** Cook to an internal temperature of 160° F.
- E.** Remove probe and lower oven temperature to lowest setting (See Tip 5).
- F.** Dry to desired texture (See Tip 6). Trays may need to be rotated top to bottom for more even drying.

Dehydrator: After 160° F. internal temperature is achieved the jerky can also be transferred to a dehydrator and dried to desired texture (See Tip 8).



COOKER/SMOKER SCHEDULE:

Suggested Cook Schedule - results may vary with different types of cooker/smokers.



- A.** Create steam by setting cooker/smoker to high and placing a water tray over burner. This will allow for pathogen destruction prior to the drying cycle. (See Note A and Tip 2)
- B.** Place rack in cooker/smoker.
- C.** Insert temperature probe into seasoned meat (See Tip 3).
- D.** Cook to an internal temperature of 160° F.
- E.** Lower cooker/smoker temperature setting to 140° F. to 160° F. Remove probe (See Tip 5).
- F.** Apply smoke. Smoke adheres best to a moist and tacky surface.
- G.** Dry to desired texture (See Tip 6). Trays may need to be rotated from top to bottom for more even drying.

Note A: If your cooker/smoker cannot make steam, pathogen destruction can be achieved in a home oven and transferred to the cooker/smoker for the smoke and dry cycle. See steps A to D in Home Oven Cook Schedule above.



- 6. MOISTURE EQUALIZATION:** Immediately after drying, seal all jerky in a single container or reclosable bag and let set overnight to allow moisture to equalize between thick and thin pieces for improved pliability.
- 7. STORAGE:** Repackage to smaller packages and store unrefrigerated for up to 2 or 3 months or freeze for long term storage. Uncured jerky should be kept refrigerated or frozen for long term storage (See Tip 7).



TIPS & TRICKS

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JERKY

WHOLE MUSCLE JERKY

- 1. Jerky Thickness:** Slicing meat strips or flats to uniform thicknesses is helpful for testing the “doneness” in the cook-dry steps.
- 2. Cook-Dry Procedure:** Game is especially susceptible to contamination by fecal matter, wound contamination, and temperature abuse during transporting and storage. This cook/dry procedure destroys potential pathogens during otherwise low temperature drying where evaporative cooling has been known to produce heat resistant bacteria. This high temp initial cook procedure destroys pathogens while they are still in a moist environment.
- 3. Internal Temperature:** The internal temperature of jerky must reach 160° F. (game or beef) and 165° F. (fowl) for pathogen destruction. Fold or form meat around an oven proof thermometer probe to monitor internal temperatures. As soon as internal temperature is achieved open oven or cooker door and release high heat and proceed to dry cycle.
- 4. Monitoring Oven Temperatures:** It is best to monitor actual cooker temperatures. Actual temperatures are hard to estimate and monitoring cook temps can improve repeatability of award winning jerky.
- 5. Water Tray While Drying:** A moist drying environment (such as in a dehydrator) keeps the meat surfaces from over drying where moisture cannot escape for evaporation. The use of a water tray or restricting the dampers on some smokers may help restrict this condition.
- 6. “Doneness” of Jerky:** Some say, “It’s done when it tastes the way I like it”. Trial and error perfects the art of jerky making. Observing the cross section and how it reacts when folded are clues to doneness. When folded or twisted, whole muscle jerky should break slightly and white connective tissue should be visible with the inside being slightly moist. If rubbery, jerky requires more drying.
- 7. Salt Out or Mold:** Some jerky, after drying to the desired texture, can still have high levels of moisture. This moisture will continue to evaporate from the meat, carrying along the salt to the surface, as well as providing the conditions for mold to form (especially when stored in an air tight container or bag).
- 8. Dehydrators:** This is one of the the best procedures for making quality homemade jerky due to how the meat surfaces are kept supple by escaping moisture during dehydration. However it is important that the initial pathogen destruction is done in an oven, or by steam, to prevent creating heat resistant bacteria.
- 9. For more information** on making homemade jerky refer to the USDA Gov web site:
http://origin-www.fsis.usda.gov/Fact_Sheets/Jerky_and_Food_Safety/index.asp

