

# Jerky Recipes

The Best Information Available From The Smoking Pros  
On The Internet and the USDA



*Assembled and Compiled by DeeJay 2007*

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NOTE: Picture on cover page is of ground beef jerky made with the Jerky Shooter

## Deejay's Basic Soy Sauce Jerky

This is a basic marinade. I like to use a combination of soy sauce and brown sugar sweetened to taste. Add crushed red pepper, chili pepper, cayenne pepper, or jalapeno pepper if you like it hot. You can add garlic powder, onion powder, Cajun spice or any spices you like - to taste. Mix the ingredients together and taste it. This is what your jerky will taste like once dried so taste your marinade before you use it. For 5 lbs. thinly sliced meat 1/8 to 1/4 inch thick.

Mix together

1 teaspoon Prague Powder #1 or 2 tablespoons Morton's Tender Quick salt

1/2 lb brown sugar

2 cups soy sauce

Spices of your choice . . . I like to use . . .

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/2 teaspoon Cajun Spice

1/2 teaspoon Paprika

1/2 teaspoon garlic powder

1 cp liquid smoke (if you don't have a smoker)

Marinate the meat for 20 to 30 minutes. Thicker cuts of meat will need to marinate a lot longer. It is important that the meat is marinated completely. The meat will turn brown when it has absorbed the marinade. The meat can sit in the marinade overnight if you wish.

### Drying Meat

My oven has very low settings so I do jerky in the oven by lining my racks with aluminum foil and laying the meat on the foil. Cook at 150 °F for the first 30 minutes turn the strips over then continue cooking at 170°F for another 2 hours and 30 minutes. Turn the strips at least twice and pat with a dry paper towels to remove any moisture you see. Melted fats will look like shiny spots wipe it off!

Place one layer of meat on each rack or tray without the meat touching. If you like slightly thicker slices, then increase the drying time accordingly. Store in clean jars with tight lid, plastic Ziploc bags or vacuum seal if you plan to keep it for more than a week.

If using a smoker bring smoker temperature up to 150 °F for the first 30 minutes turn the strips over then continue cooking at 170°F for another 2 hours and 30 minutes.

NOTE: Use smoke only for about the first 30 minutes after that just use heat. I like hickory and or Mesquite wood for Jerky.

## Ground Meat Jerky

Jerky can also be made from lean ground meat. Any hamburger that is 97% lean can be used to make jerky. You can roll it out on a Teflon cutting sheet and cut it into strips or buy a Jerky Gun or Jerky Shooter which is used to squeeze out thin strips of meat for Jerky. I know one guy that rolls the meat out on the foil cooks it for about 15 minutes then cuts the strips and separates them it's up to you.



Jerky Shooter



Jerky Gun

I was a bit skeptical about ground meat jerky at first but I got a Jerky shooter and gave it a try. It's not bad! You can whip out a lot of Jerky in short order and at the price of hamburger vs. steak! The Jerky you buy in the store is more than likely made this way so this isn't anything new. You can use any of the Jerky recipes below for burger Jerky but do not use more than 1/2 cup of liquid jerky mix for every 1.5 to 2 pounds of ground meat. This recipe is for 5 lbs. lean ground meat.

## Deejay's Basic Burger Jerky

1 teaspoon Prague Powder #1 or 2 tablespoons Morton's Tender Quick salt  
1/3 tbsp. coarse ground black pepper  
2 tablespoons Worcestershire sauce

Spices of your choice . . . I like to use . . .

1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1/2 teaspoon Cajun Spice  
1/2 teaspoon Paprika  
1/2 teaspoon garlic powder

1 cp liquid smoke (if you don't have a smoker)

Use same instructions as above for Basic Soy Sauce Jerky.

### 3 Men Jerky Recipe

3 lbs lean meat, thinly sliced  
1 cup soy sauce  
1/2 cup Lea and Perrins Worcestershire sauce  
1/2 cup dry white wine or sherry  
1/2 cup sugar  
2 tbs. coarse ground black pepper.

For the marinade, mix the above ingredients in a pan and heat until sugar melts, then allow to cool before using. Marinade the meat for 3 hours.

To give the meat a Teriyaki flavor we use store bought Kikkoman Teriyaki Marinade, instead of the above marinade.

### Garlic Beef Jerky

2 lbs. very lean meat, thinly sliced  
1/4 cup Worcestershire sauce  
1/4 cup soy sauce  
1 tablespoon tomato sauce  
1 tablespoon vinegar  
1 teaspoon sugar  
1/4 teaspoon dried garlic, chopped  
1/4 teaspoon dried onion, chopped  
1 teaspoon salt

### Seven Step Jerky

3 lbs lean meat, thinly sliced  
1/2 cup soy sauce  
1/2 cup Worcestershire  
2 teaspoon. Accent  
2 teaspoon. seasoned salt  
2/3 teaspoon. garlic powder  
2 teaspoon. onion powder  
2/3 teaspoon. black pepper

## Mild Mexican Jerky

1 lb lean meat, thinly sliced  
1 teaspoon. salt  
1/4 teaspoon. pepper  
1 teaspoon. chili powder  
1/2 teaspoon. garlic powder  
1/2 teaspoon. crushed oregano  
1 teaspoon. paprika

## Hot & Tangy Jerky

1 lb lean meat, thinly sliced  
1 teaspoon. salt  
1/4 teaspoon. cracked pepper  
1/4 teaspoon. cayenne pepper  
1 teaspoon. onion powder  
2 cloves crushed garlic  
2 tbs. A-1 sauce  
3 tbs. Worcestershire sauce  
1/2 teaspoon. paprika

## Frontier Jerky

1 lb lean meat, thinly sliced  
1 teaspoon. salt  
1/4 teaspoon. pepper  
2 tbs. Worcestershire sauce  
2 tbs. liquid smoke  
1 teaspoon. garlic powder

## Great Jerky

1 lb lean meat, thinly sliced  
3/4 teaspoon. salt  
1/4 teaspoon. cracked pepper  
1 tbs. brown sugar  
2 tbs. soy sauce  
1 tbs. Worcestershire sauce  
1 clove crushed garlic

## Western Barbecue Jerky

1 lb. lean meat, thinly sliced  
1 teaspoon salt  
3 tbsp brown sugar  
1/4 teaspoon pepper  
1/3 cup red wine vinegar  
1/8 teaspoon cayenne pepper  
1/3 cup ketchup  
1 teaspoon onion powder  
1/2 teaspoon garlic powder  
1 teaspoon dry mustard

## Venison Jerky

4 lbs venison, thinly sliced  
1 cup barbecue sauce  
2 tablespoon liquid smoke  
1 teaspoon chili powder  
1 tablespoon Worcestershire sauce  
Few grains cayenne pepper

## Wet Brined Jerky

5 lbs lean meat,  
1 cup curing salt  
1/2 cup brown sugar or molasses  
1 teaspoon liquid garlic  
4 tablespoon black pepper  
2 quarts water

Remove all fat and membrane from the meat. Combine the rest of the ingredients. Soak the meat in the solution (brining the meat) for 8 to 10 hours. Remove meat and rinse thoroughly. Pat dry with paper towels to remove excess moisture.

Let stand to air-dry for an hour or so. Then rub in the seasonings of your choice, such as onion salt, garlic salt, pepper or a prepared seasoning mix from the spice department at the market. Smoke meat for 8 to 12 hours or until ready. Test the meat by twisting a strip of meat. It should be flexible but stiff like a piece of rope. Remove and let stand until cool.

## Dry Brined Jerky

Make a mixture of half salt and half brown sugar (some stores handle a commercially prepared sugar-cure mixture), plus herbs and condiments to suit. Rub this mixture thoroughly into the meat. Place in crock (without water) and weight down. The moisture will gradually seep out to the bottom of the crock. This is called *horsing*. Allow to stand overnight or longer, until most of the moisture is drained out. Rinse in cold water and place in smokehouse for 12 hours or more.

### Tips:

It takes about 4-5 lbs of meat to make 1 lb of jerky

All fat, membrane, and bone must be removed

The better the meat, the better the jerky

Do not use a metal container for brine (salt) solutions

The amount of salt used should vary with the thickness of the strips.

On large pieces use lots of salt. On small thin strips, use salt more sparingly

## Hot & Tangy Jerky Posted by Lisa

1 teaspoon salt  
2 cloves crushed garlic  
1/4 teaspoon cracked pepper  
2 tablespoon A-1 sauce  
1/4 teaspoon cayenne pepper  
3 tablespoons Worcestershire sauce  
1 teaspoon onion powder  
1/2 teaspoon paprika

## Hot and Spicy Posted by Lionel

1/4 c soy sauce  
1/4 c Worcestershire sauce  
1/4 c Cayenne pepper sauce  
1 t garlic powder  
1 t onion powder  
1-2 t black pepper  
1 t Chile powder  
1 c water



## Hot and Smokey Jerky Posted by Doug

1 part liquid smoke  
2 parts Worcestershire sauce  
4 parts soy sauce  
lots of (freshly) ground black pepper

## Sweet & Sour Jerky Posted by Danny

1 teaspoon salt  
1 tablespoon soy sauce  
1/4 teaspoon pepper  
1/4 cup red wine vinegar  
1/2 teaspoon onion powder  
1/4 cup pineapple juice  
1 clove garlic, crushed  
1 lb lean meat, thinly sliced  
3 tablespoons brown sugar

## Teriyaki Marinade Posted by Jerky Eater

1/4 c soy sauce  
1/2 t smoke flavoring  
2 packets of artificial sweetener  
3.1/2 t ground ginger  
1 t garlic powder  
1/4 c black coffee  
1/4 t white pepper  
1/2 t salt  
About 11 carbohydrates in the marinade.

## Teriyaki Jerky

1/2 teaspoon salt  
1/8 teaspoon pepper  
1 tablespoon ground ginger  
2 tablespoon brown sugar  
1 clove garlic -crushed  
1/4 cup soy sauce  
1 lb. meat, 1/8-1/4 inch thick

## Teriyaki Marinade

2 pounds lean meat  
1/4 cup soy sauce  
1 teaspoon fresh grated ginger root or 1/2 teaspoon ground ginger  
2 teaspoons sugar  
1 teaspoon salt

## Teriyaki

1 cup soy sauce  
1 t ginger powder  
1 t garlic powder  
1/2 t sugar  
1/2 t white pepper  
sliced scallions (optional)

Cut lean beef (London broil) about 1/4" thick and marinate for several hours.  
Dehydrate at 145 degrees until pliable  
Eat :-)

## Teriyaki Marinade:

1/4 c soy sauce  
1/2 t smoke flavoring  
2 packets of artificial sweetener  
3.1/2 t ground ginger  
1 t garlic powder  
1/4 c black coffee  
1/4 t white pepper  
1/2 t salt  
About 11 carbohydrates in the marinade.

## Cured Jerky

1 pound lean meat  
1 tablespoon commercial curing salt (IE. Morton Tender Quick Mix)  
1 teaspoon sugar  
1/2 teaspoon black pepper  
1/2 teaspoon garlic powder

This method will produce the typical reddish color associated with commercial jerky. Trim fat from meat. Cut into 1/4 thick slices, about 1 - 1 1/2 inches wide. Mix together curing salt, and seasoning. Rub all surfaces of meat strips with salt mix. Place in plastic bag and refrigerate for 1 hour. Rinse cured meat under running water. Pat dry with paper towels. Arrange on drying rack, oven racks, etc., dry at 150 degrees.

## Chinese Beef Jerky

### Ingredients

3 pounds flank steak or London broil

### Marinade:

1/2 cup light soy sauce  
4-1/2 tbsp honey  
4-1/2 tbsp dry sherry  
6 large garlic cloves, minced  
1-1/2 tbsp fresh ginger, minced  
1-1/2 tbsp dried red pepper, crushed  
1-1/2 tbsp sesame oil  
1 dash white pepper

## Ground Beef Jerky

### Ingredients

1 pound extra lean ground beef (or turkey)  
1/4 teaspoon onion powder  
1/4 teaspoon garlic powder  
1/4 teaspoon pepper (more for hotter jerky)  
4 tablespoons Worcestershire sauce  
4 tablespoons soy sauce  
1 tablespoon ketchup  
1/2 teaspoon salt

## Instructions

Blend seasonings and mix well into meat. Put into container with tight lid and refrigerate at least 2 hours, stirring once in a while. Roll small amounts between two sheets of waxed paper or plastic wrap into rounds about 1/16-inch thick.

Dry in dehydrator, turning once, for 3 to 4 hours at 145 degrees F to 155 degrees F. Or place on cookie sheet in oven and turn to lowest heat possible. Turn once.

Yield: 12 servings

## **Formed Ground Beef Jerky in the Smoker**

You can use any of the spices you use for sliced meat jerky but add 1/2 oz of water per pound of meat and;

A technique I've learned that makes it so much easier is to form the meat in square disposable foil pans about 9 x 9 size.

- 1) Mix your spices water and cure (according to manufactures directions based on weight).
- 2) Line the pan with plastic wrap and form it in a square tin foil loaf pan (about 2 inches thick), press it down firmly and let it sit covered in the fridge overnight.
- 3) Turn pan upside down and gently give the plastic wrap a tug to remove the meat. Place the meat on smoke screens.
- 4) Get the smoker temperature to 130°F and lightly smoke for 1 hour or until meat feels dry with the damper fully open.
- 5) Raise the smoker temperature to 150 -160°F - damper 1/2 full - smoke 2-3 hours or until meat reaches 140°F.
- 6) Finally raise smoker temperature to 170-180°F - no smoke - damper closed until meats internal temperature reaches is 155°F degrees.
- 7) Refrigerate overnight.
- 8) Slice meat thin and lightly smoke slices for about 2 hours or until desired texture is achieved.

You can make tons of jerky at a time this way and it's very easy to do! This was from a 25 pound batch!

# Fake Jerky Strips

## Ingredients

### Meat:

1 pound ground beef  
1 teaspoon garlic powder  
1 teaspoon salt  
1/4 teaspoon black pepper  
1 teaspoon liquid smoke  
1 tablespoon A-1 Sauce  
1/2 cup Quick Quaker Oats  
1 egg white

### Sauce:

2 tablespoons A-1 Sauce  
2 tablespoons Worcestershire sauce  
3 tablespoons ketchup  
2 tablespoons vegetable oil  
1 teaspoon soy sauce  
1 teaspoon liquid smoke  
2 tablespoons water

## Instructions

Mix ground beef with all other ingredients, stir until mixed. Put into a food processor with chopping blade and chop for a good minute, until well mixed together and consistency of putty.

On a floured cutting board, take ball of meat mixture and coat both sides lightly with flour so it won't stick and roll out with floured rolling pin, fold and roll until roughly 8-inch by 12-inch rectangle, 1/8-inch or less thick.

Using a pizza cutter, cut into 1-inch wide strips 8 inches long and carefully transfer to a wire rack.

Heat oven to 300 degrees F, place wire rack with meat in oven on oven rack in center of oven, with second oven rack one notch below. On lower rack, place cookie sheet under meat to act as a drip pan.

Bake for 1 hour at 300 degrees F.

Mix together sauce ingredients in shallow dish. Remove rack of meat, roll each strip into sauce mix and return to rack. When all coated, return to oven and increase temperature to 450 degrees F. Bake for 15 minutes.

Remove rack again and recoat strips and return to oven for another 15 minutes or until strips become almost burnt around edges.

Remove from oven and coat one last time, then let sit and cool to room temperature.

## Oriental Style Beef Jerky

### Ingredients

3 pounds steak  
3 garlic cloves, minced  
1 Tbsp fresh ginger root, minced  
2 Tbsp sesame oil  
1/2 cup soy sauce  
2 teaspoon dried crushed red pepper flakes  
1 Tbsp honey  
1/2 teaspoon white pepper  
4 Tbsp dry sherry

### Instructions

Cut meat diagonally crosswise into 1/4-inch thick, 2 inches wide strips. Trim away any fat or gristle. Transfer to a non-metallic pan. Add the other ingredients and marinate 24 hours. Arrange meat on racks and let dry at cool room temperature overnight (do not refrigerate).

Preheat oven to 225 degrees F. Line two large baking sheets with foil and set wire racks on top. Arrange the meat on racks in single layer. Bake 15 minutes. Reduce heat to 175 degrees F and continue drying meat another 4 hours or more. Leave meat on racks to cool and continue drying for several hours before bagging it.

## Thai Beef Jerky (Nua Sawan)

### Ingredients

2-1/2 pounds top sirloin or top round roast  
3 teaspoon coriander seeds  
1 teaspoon cumin seeds  
1-1/2 teaspoon sugar  
4 teaspoon Thai light soy sauce (aew sai)  
1-1/2 cups oil

### Instructions

Slice beef across the grain 2 inches by 3 inches in size and 1/4-inch thick.

Roast coriander and cumin seeds in a fry pan over low heat until fragrant, cool, and grind coarsely in a mortar or a spice grinder. Combine beef and the rest of the ingredients and marinate 1 hour.

Place beef pieces on a cake rack sprayed with Pam and put the rack in a foil lined cookie sheet large enough to catch any liquid dripping from the beef. Place the cookie sheet in a lowest setting oven until the beef pieces are dry to the touch and no liquid seeps out when pressed (between 6 and 12 hours depending on the oven).

Over medium-low heat, heat the oil in a flat-bottomed fry pan and drop the beef in 5 or 6 pieces at a time. Fry until crispy on the outside and around the edges. Drain on a cake rack over paper towels.

Keeps up to 1 week in an airtight container at room temperature. Serve alone or with cooked sticky rice.

NOTE: Tenderize beef lightly with a mallet if using other cuts of beef. Be sure to drain the oil well. Any excess may become rancid. Cool completely before storing.

## Hawaiian Style Jerky (Pipi Kaula)

### Ingredients

2 pounds flank steak  
3/4 cup soy sauce  
2 tbsp Hawaiian salt  
1-1/2 tbsp sugar  
1 clove garlic, minced  
1 piece ginger, crushed  
1 crushed red chilie pepper (optional)

## Turkey Jerky

### Ingredients

1 pound turkey meat, sliced thin  
2 tbsp liquid smoke  
3 tbsp soy sauce  
10 dashes Tabasco sauce  
1/3 cup Worcestershire sauce  
1-1/2 teaspoon hickory seasoning liquid  
1 tbsp onion salt

### Instructions

Mix all ingredients together in a marinade dish. Mix together and add strips of turkey or beef

into marinade. Marinate for 8-24 hours, depending upon how often you shake mixture and how flavorful you want it.

Take strips out of marinade and lightly dampen with towel to dry off excess liquid. Place in dehydrator or on sheets for oven. Dehydrate till jerky is tough/crisp. Time varies based on method of dehydration so use your best judgment (12-36 hours). Add extra Tabasco for spicier flavor.

## Smoked Turkey Jerky

### Ingredients

1/2 cup soy sauce (can use light soy sauce)

4 tablespoons sugar

2 teaspoons fresh ginger, grated

1 clove garlic, minced

1 tablespoon liquid smoke

2 pounds cooked turkey, sliced paper thin (turkey thighs are breasts are best)

### Instructions

Mix marinade ingredients together in a bowl. Dip meat slices into marinade. Place dipped meat in layers in a bowl or dish. Pour remaining marinade sauce over meat. Cover tightly and let marinate in refrigerator for 6 to 12 hours. Rotate layers of meat occasionally.

Place in dehydrator until dry. While meat is drying, blot excess oil with paper towel.