

Home Made Beef Jerky

INGREDIENTS

Teriyaki Ginger Marinade

- 1 cup pineapple juice
- $\frac{2}{3}$ cup soy sauce (I used low-sodium soy sauce)
- $\frac{1}{4}$ cup rice vinegar
- 2 minced garlic cloves
- 2 tablespoons brown sugar (I used local raw honey)
- 1 tablespoon Chinese five-spice powder
- 1 tablespoon sriracha

DIRECTIONS

Step 1. Go Shopping

Buy a 2-pound piece of top round steak, and ask the person behind the counter to trim off any visible fat and silver skin. The leaner the beef, the longer your jerky will keep.

This amount of meat will yield about $\frac{3}{4}$ pound of jerky. Oh, and if you're dealing with a friendly butcher, ask to have the beef sliced into $\frac{1}{4}$ -inch-thick strips roughly 4 inches long. If you can make that happen, skip the next step.

Step 2. Prep The Protein

Seal the steak in plastic wrap and stick it in the freezer until it stiffens slightly, about an hour. This will make the slicing easier. Remove the beef, unwrap it, and use a sharpened chef's knife to cut it into $\frac{1}{4}$ -inch-thick, 4-inch-long strips.

Step 3. Treat Your Meat

Marinating the meat gives jerky the most flavor; let it sit in the sauce overnight in the fridge. Dry rubs require two hours of refrigeration. For either route, combine the sliced meat with the ingredients in a large zip-top bag.

Step 4. Rig Your Hotbox

Preheat the oven to 200 degrees. Place metal cooling racks on two baking sheets. Shake off excess marinade or spices and place the strips on the racks with space between each piece. Put it all in the oven. To aid dehydration, use a wooden spoon to prop the oven door open about a $\frac{1}{2}$ inch.

Step 5. Dehydrate

The jerky is done when you can tear a strip easily and it springs back when folded, approximately three to five hours. Use a paper towel to blot moisture, and cool completely before storing in an airtight container. It'll keep in the fridge up to three months.

Recipe Source: <http://www.rodalesorganiclife.com/food/how-to-make-your-own-beef-jerky>