

# Beef Jerky

February 5th, 2019

Prep Time: 24:00

Cook Time: 00:00

Beef Jerky is surprisingly easy to make. You can make your spice mix with any variety of flavorings. It can be fun to experiment with different variations. You can marinate your meat with a spice rub or with a liquid marinade. For Keto-friendly Beef Jerky, do not add sugar.

## Ingredients:

1 pound Lean Beef (Sirloin, Eye of Round, etc)

### Teriyaki Marinade

3 Tablespoons Soy Sauce

1 Teaspoon Sugar

### Shawarma Marinade

7 large Garlic Cloves, minced (1 Teaspoon Garlic Powder)

1 Teaspoon Oregano

1/2 Teaspoon Pumpkin Pie Seasoning

1/4 Teaspoon powder from freshly ground Green Cardamom Seeds

1 Lemon, juiced (2 Tablespoons or 1 fluid ounce)

Dash Ground Cloves

1/4 Cup Apple Juice

1/4 Cup Apple Cider Vinegar

1/4 Cup Olive Oil

### Garlic Ginger Rub:

1 teaspoon Garlic Powder

1 teaspoon Ground Ginger

1 teaspoon Oregano

1/2 teaspoon Cumin

1/2 teaspoon Nutmeg

Small Pinch of Ground Cloves

## Directions:

Cut the beef into thin 1/8 inch slices across the grain, so that the grain runs lengthwise on each cut.

**NOTE: Freezing the meat for half an hour will make it easier to cut the meat into thin slices.**

### Spice Rub

On a clean table surface, lay out a sheet of plastic wrap. Cover with a single layer of thinly cut meat. Fit the slices of meat together into a single sheet of meat.

Coat the top of the meat with the seasoning or marinade.

Roll up the meat in the plastic wrap. Turn it over and then unroll so that the untreated side of the meat is now exposed.

Coat the top of the meat with the seasoning or marinade. Roll it up again in the plastic wrap. Place in a large zip-top bag and refrigerate.

### Liquid Marinade

Mix the marinade in a small refrigerator dish or a zip-top bag. Immerse the meat in the liquid and refrigerate. Use paper towels to remove excess liquid before cooking.

**NOTE:** Most marinades or spice rubs will permeate the meat at the rate of about 1/8 inch per 24 hours.

### Drying in a Conventional Oven

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Lay flat in a single layer directly on the rack. Bake at 175° Fahrenheit for about 2 to 3 hours.

## Convection Oven

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Lay flat in a single layer directly on the rack. Bake at 175° Fahrenheit for about 1 to 1.5 hours.

Regardless of your cooking method, check the jerky every half hour or so. Stop cooking when it is sufficiently dried.