

VENISON OR BEEF JERKY

Beef jerky is one of the most sought after—and probably the easiest to use—of all the recipes in this book. A dried meat closely associated with the early American pioneers, this recipe has been handed down to us in a very simple formula.

It is well-known that this product was usually dry-salted and hung out in some manner to dry. The process reduced the weight of the meat by as much as 80-85%. Obviously, it was lighter to transport, took up less room on these long journeys and required no refrigeration.

During the course of these journeys, many stops were made for a number of reasons, preferably near a stream. The meat could then be placed in a running stream to remove most of the salt. At the same time, this meat was being reconstituted by absorbing water from the stream. The meat now was more palatable and could be used to make stew or other dishes. The smaller pieces of this salted and dried meat, however, became a sort of snack, eaten at random without removing the salt.

Beef jerky is closely associated with the early American cowboys or miners. In either case, beef jerky still is made the old-fashioned way by either dry salting or brining in a very hard salted water. Then it is simply hung up or laid out to dry; however, a jerky using this type of formula is not very palatable, and there now are a variety of recipes that make this a very tasty snack.

I think the following recipe will be extremely pleasing to your taste buds.

3 lbs. of lean beef or venison	2 tsp. Liquid Smoke
1 tbsp. salt	2 tsp. Accent
1 level tsp. Prague Powder No. 1	1/4 tsp Thyme
1 tsp. onion powder	2 bay leaves
1 tsp. garlic powder	2 whole cloves
1 tsp. ground black pepper	1/4 cup vinegar
1/4 cup soy sauce	1/4 cup dry red wine
1/4 cup worcestershire sauce	