



UCCE Master Food Preservers of El Dorado County

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"Preserve today, Relish tomorrow"

Jerky Recipes

Jerky Made Simple

Prep: 12 hrs. Dehydrate: 12 hrs

- 1 lb lean meat
- 4 Tbsp. Worcestershire sauce
- 4 Tbsp. soy sauce
- black pepper to taste

Cut the meat and soak in soy sauce/worcestershire sauce mix. Ratio is about 80% marinade, 20% meat.

Soaking a full 24 hours is best, overnight it good.

Lay meat on trays and sprinkle with ground black pepper over the top.

Dehydrate at 155 degrees F. until jerky is firm and flexes and cracks, but doesn't break, when gently bent.

Source: adapted from Excalibur Dehydrators

Western BBQ Jerky

Prep: 5 hrs. Dehydrate: 5 hrs

- 1 pound Lean Meat
- 3 Tbsp. Brown Sugar
- 1/3 cup Red Wine Vinegar
- 1 tsp Onion Powder
- 1 tsp Dry Mustard
- 1 tsp Salt
- 1/4 tsp Pepper
- 1/3 tsp Cayenne Pepper
- 1/2 tsp Garlic Powder

Mix all ingredients except meat in a shallow dish or bowl. Stir well.

Cut meat into 1/4 inch thick pieces. Place meat in marinade making sure meat is covered. Cover and refrigerate overnight.

Place meat on lined dehydrator tray

Dehydrate at 155 degrees F for 6 hours until jerky is firm and flexes and cracks, but doesn't break, when gently bent.

Source: adapted from Excalibur Dehydrators

Herb Garlic Ground Meat Jerky

Prep: 1 hr. Dehydrate: 5 hrs

- 1 pound lean ground beef
- 6 Cloves garlic
- 1 Tbsp chopped fresh oregano
- 1 1/2 tsp Salt
- 1/2 cup chopped onion
- 1 cup chopped fresh parsley
- 1 Tbsp chopped fresh sage
- 1/2 tsp freshly ground black pepper

In a food processor, combine beef, onion, garlic, parsley, oregano, sage, salt and pepper. Process until finely chopped and mixture has a paste-like consistency.

Fill jerky gun according to manufacturers directions, or using a piping bag, pipe strips of beef mixture onto prepared baking sheets, leaving at least 1/2 inch between strips. Flatten, if necessary, to 1/4 inch thickness.

Place cooked meat strips on mesh drying trays. Dry at 155°F for about 7 to 9 hours, occasionally blotting any fat that rises to the surface with paper towels, until jerky is firm and flexes and cracks, but doesn't break, when gently bent. Transfer to a clean baking sheet lined with paper towels and let cool completely, turning once to blot thoroughly.

Source: adapted from Excalibur Dehydrators

Venison Jerky

Prep: 1 hr 15 mins. Dehydrate: 4 hrs

- 3/4 cup soy sauce
- 1 tsp liquid smoke
- 1/2 tsp minced garlic
- 1/2 tsp freshly ground black pepper
- 1 Tbsp brown sugar
- 1 tsp Salt
- 1/2 tsp grated ginger
- 1 pound venison strips

Mix all ingredients together with the exception of the strips. Allow flavors to blend for at least 15 minutes.

Add strips. Marinate at least one hour.

Remove from marinade and place in your dehydrator at 155 degrees F. until jerky is firm and flexes and cracks, but doesn't break, when gently bent.

Source: adapted from Excalibur Dehydrators

Buffalo Chicken Jerky

Prep: 6 hrs. Dehydrate: 6 hrs

- 2 Chicken Breasts
- 1/2 cup Buffalo Sauce (homemade or commercial)

Bake chicken breasts in oven at 350°F temperature until they reach 165°F internal temperature.

Slice chicken breasts into 1/4" thick strips.

Gently toss chicken strips in buffalo sauce until completely coated. Cover and refrigerate for 6-10 hours to marinate chicken strips.

Dry at 165°F for 6-10 hours or until jerky is firm and flexes and cracks, but doesn't break, when gently bent.

Source: adapted from Excalibur Dehydrators

Turkey Jerky

Prep: 1 hr 30 mins. Dehydrate: 6 hrs

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|-------------------------|-------------------------------------|
| • 2 Tbsp Lemon juice | • 2 Tbsp Freshly grated onion |
| • 2 Tbsp Teriyaki sauce | • 1 Tbsp White sugar |
| • 2 Tbsp Olive oil | • 1 Tbsp Fresh grated lemon peel |
| • 2 tsp Paprika | • 1 tsp Crushed garlic |
| • 1 tsp Salt | • 1 tsp Freshly ground black pepper |
| • 1/2 tsp Liquid smoke | • 1/4 tsp Tabasco |
| • 1 pound Ground turkey | • Salt to taste |

Mix all ingredients together with the exception of ground meat. Allow flavors to blend for at least 15 minutes.

Add ground meat. Marinate at least one hour.

Remove from marinade container. Form into shapes on dehydrator trays. We recommend using a jerky gun.

Dehydrate at 155° F for 6-12 hours or until jerky is firm and flexes and cracks, but doesn't break, when gently bent.

Source: adapted from Excalibur Dehydrators

Spicy Turkey Jerky

Prep: 2 hrs. Dehydrate: 5 hrs

- 2 pounds boneless skinless turkey breast
- 2 Tbsp chili-garlic paste
- 3/4 cup soy sauce
- 3 Tbsp honey
- 2 tsp dried red chili flakes

Arrange turkey breast flat on a plate or baking sheet, cover with plastic wrap, and freeze until firm, about 2 hours.

When turkey is ready, place on a cutting board, trim any visible fat and membranes, and slice along the grain into 1/4-inch-thick strips.

Place all remaining ingredients in a large baking dish or resealable plastic bag, and mix until evenly combined.

Place turkey strips in marinade and toss thoroughly to coat.

Cover and place in the refrigerator for 12 hours, turning occasionally.

Remove turkey from the refrigerator, place in a colander to drain off excess marinade, and let come to room temperature, about 30 minutes.

Place the strips horizontally across trays leaving at least 1/2 inch of space between strips.

Dry at 155 degrees F for 6 hours or until jerky is firm and flexes and cracks, but doesn't break, when gently bent.. While meat is drying, blot excess oil with a paper towel.

Source: adapted from Excalibur Dehydrators

Watermelon Jerky

Prep: 15 mins, Dehydrate: 18 hrs

- 2 watermelons
- 1-2 tsp kosher salt (optional)

Cut watermelon into 1 inch thick slices

After removing the ends and rind cut slices down to about 1/4 inch thick strips.

Lightly salt watermelon strips. (optional)

Place watermelon strips on lined dehydrator trays

Dry at 135 degrees F for 18 hours or dry and pliable.

Source: adapted from Excalibur Dehydrators

Tofu Jerky

Prep: 4 hrs 30 mins. Dehydrate: 6 hrs

- Firm or extra-firm Tofu
- 1/2 cup of your favorite Marinade (we used teriyaki)

Drain the water from your tofu and pat dry.

Place tofu between paper towels on a plate. Set another plate on top, and place a few canned goods or water bottles on top of the plate as a weight.

Allow the tofu to sit for about 25 minutes to press the excess water from the tofu.

Remove tofu from the towels/plates and slice the tofu into 1/4 inch thick slices.

Add your marinade to a small bowl.

Dip each tofu slice into the marinade and then place it in an airtight container. Pour the remaining marinade into the container.

Allow tofu to marinate for 4 hours in the refrigerator.

Remove the marinated tofu slices from the container and place them on lined trays.

Dry at 150° F for approximately 6 hours or until dry.

Source: adapted from Excalibur Dehydrators

Resources for tested preserving methods and recipes:

National Center for Home Food Preservation: <http://nchfp.uga.edu/>

Complete Guide to Home Canning. 2015. http://nchfp.uga.edu/publications/publications_usda.html

Also available in paper copy from Purdue Extension (online store is located at

https://mdc.itap.purdue.edu/item.asp?item_number=AIG-539)

Canning Vegetables, 2012. Publication 8072. University of California Ag & Natural Resources,

<http://anrcatalog.ucanr.edu>.

So Easy to Preserve, Sixth Edition. 2016. Bulletin 989. Cooperative Extension/University of Georgia, Athens

Ball Blue Book Guide to Preserving. 2020. Newell Corporation.

Ball Complete Book of Home Preserving, 2020. Bernardin, Newell Corporation.

Bernardin: <https://www.bernardin.ca/>

Ball: <https://www.ballmasonjars.com/>

Excalibur dehydrating recipes: <https://www.excaliburdehydrator-recipes.com/>

Dehydrating Fruits and Vegetables: https://nchfp.uga.edu/publications/uga/uga_dry_fruit.pdf