

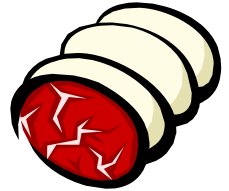
New Procedure for Drying Jerky Safely at Home

Colorado State University conducted extensive studies on the safest way to make jerky at home. They found traditional methods did not kill E. coli 0157:H7. Salmonella outbreaks have also been linked to homemade jerky. The U.S Department of Agriculture (USDA) now recommends beef or large game animals be steamed, roasted, or boiled to 160 degrees F before drying it for jerky.

Hot Pickle Cure Jerky

Directions:

1. Keep meat refrigerated until ready to use. If frozen, thaw in refrigerator.
2. Wash hands, cutting board and utensils with hot soapy water before and after handling meat.
3. Slice 5 pounds of meat into ¼ inch by 1 inch wide by 5 inch long pieces. Spread pieces out and sprinkle each side with a mixture of 3 Tbsp. salt, 2 Tbsp. sugar and 2 tsp. spices (i.e. 1 tsp. pepper and 1 tsp. garlic or onion powder.)
4. Pound with mallet, place meat in flat pan, cover and refrigerate overnight.
5. Make brine by dissolving ¾ cup salt, ½ cup sugar and 2 Tbsp. spices (i.e. 1 Tbsp. pepper and 1 Tbsp. garlic or onion powder) in one gallon of water. You can also add ½ tsp. liquid smoke. Stir to dissolve the salt and sugar. Using half of the brine at a time, bring to a boil in large kettle. Place about 10 pieces of meat at a time in the boiling brine. Simmer 1½ to 2 minutes.
6. Use a slotted spoon to remove meat from brine and shake off excess water. Place flat on clean dehydrator trays or oven racks.
7. Repeat process until all meat has been in the brine. (Change brine for second half of meat.) **Do not save brine.**
8. Place meat on racks in pre-heated dehydrator or oven that maintains a temperature of 145° F. Use a food thermometer to determine the true drying temperature. **Do not rely on the dehydrator temperature setting!**
9. Dry for 8 – 10 hours or until pieces reach desired doneness. Remove jerky before it gets too hard or brittle. (Meat should crack when bent in half, but not break into 2 pieces).
10. Let cool and then place in plastic bag. Remove air and seal tightly.
11. To ensure safety and protect flavor, it is best to keep jerky in the refrigerator or freezer.



Making Jerky from Ground Meat

Directions:

1. Thaw ground venison, moose, elk, or beef in the refrigerator.
2. Add favorite jerky seasoning and marinate in the refrigerator per package directions.
3. Shape the ground meat into desired shape or form. Put on cookie sheet.
4. Preheat the oven temperature to 325°F.
5. Quickly heat the ground jerky meat to 160°F, verify temperature with a food thermometer.
6. Begin dehydrating immediately after cooking.
 - ★ Oven drying—Prop oven door open 2 - 6 inches. Oven should be 170°F. Increase circulation by placing a fan near the oven door. Dry for 5 – 6 hours.
 - ★ Dehydrator—Dry for 8 – 10 hours or until pieces reach desired doneness.
7. Remove jerky before it gets too hard or brittle.
8. Let cool and then place in plastic bag. Remove air and seal tightly. Refrigerate or freeze.



Adapted from Penn State, College of Agricultural Science Agricultural Research Cooperative Extension. 2000. *Proper Processing of Wild Game and Fish.*

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