

Beef Jerky

Reduced Sodium



INGREDIENTS	CONTROL (g)	ENHANCED (g)
Beef brisket lean	500	500
Soy sauce	100	75
Worcestershire sauce	100	75
Water	0	40
Blackstrap molasses	30	30
Lake States® Type Smoked	0	15.8
Onion powder	10.2	10.2
Brown sugar	9.5	9.5
Garlic powder	7.3	7.3
Maltodextrin	5	0
Hickory smoke powder	2.5	0
High-Lyfe™ 530 A	0	1.7
Cayenne pepper	0.5	0.5
Total	765	765

PREPARATION

1. Place the meat in the freezer for an hour to make slicing easier.
2. Slice meat with the grain, as thin as possible (less than 0.6 cm or 1/4 inch).
3. Mix all other ingredients in a large bowl.
4. Submerge the meat into the marinade.
5. Marinate for 24 hours in a closed container or plastic bag.
6. Dry in a low-temperature oven or in a dehydrator (check for settings).

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