

Ryan's Beef Jerky

3 lbs flank steak

Marinade Ingredients:

½ cup Soy sauce
2 tbsp Worcestershire sauce
½ tsp onion powder
½ tsp garlic powder
¼ tsp powdered ginger
¼ tsp Chinese fire-spice powder
¼ tsp salt



Preparation

Freeze flank steak for 15 minutes to make it easier to slice. Cut steak into $\frac{1}{8}$ " thick slices (on the bias). Whisk marinade ingredients in a bowl until well mixed. Place meat and marinade into a large Zip-Lock™ bag. Close the bag, trying to get as much air out as possible. Shake well to ensure marinade covers all of the meat and put in refrigerator overnight.

A food dehydrator is probably the most efficient way to dry the jerky, but you can also use a regular oven. If using an oven, put oven on the lowest setting (probably 140°). Put jerky on a cake cooling rack and put in the middle rack of the oven. To eliminate oven mess, put a large cookie sheet (or aluminum foil on the oven shelf below the jerky to catch the drippings. Prop the oven door open slightly (a wad of aluminum foil works well for this). Let meat dry for 6-12 hours, depending upon how chewy you like your jerky.