

MOUNT LEHMAN FARM
GRASS-FED
BEEF 



MT LEHMAN BEEF JERKY

A good Jerky Recipe is one of those things that could save you so much money! Using any number of Grass Fed Beef Roasts for this is an amazing way to use some of the roasts that you aren't too sure what to do with or how to cook them! A little bit of knife skill and some patience and you will have better Jerky than you can find at the store! Let's get it going! This recipe is geared to using a smoker, but it would also work in the oven. If using the oven, refer to the bottom of the recipe for tips.

Ingredients

1 – 4 to 5 lbs Grass Fed Beef Roast (Rump, Sirloin, Sirloin Tip, Chuck, Round, Baron all work here)

For the Marinade

1 tbsp Onion Powder
1 tbsp Garlic Powder
1 tbsp White Pepper
1 tsp Ground Ginger
½ tsp Cumin (1 tsp if you like the taste)
½ cup Brown Sugar
½ cup Soy Sauce
¾ cup Orange Juice
2 tbsp Apple Cider Vinegar
¼ cup Worcestershire Sauce
1 tsp Red Pepper Flakes (or a good spicy BBQ Rub)

Let's Begin!

1. Let's start by trimming up the Grass Fed Beef Roast. What you would like to do is remove all the Exterior Skin, Tendons, Fat and Tough Bits because when you dry them with the rest of the beef, they become inedible and not very tasty or appealing. A Good Sharp Knife and some time will allow you to trim it nicely. Once that's done, I like to slice the roast into about 3 Inch thick pieces, then slice off about ¼" thick pieces. Refer to some of the photos if you like for that. Basically, you want the beef thin so that it dries faster and more evenly. Once sliced, place into a large glass bowl. Set aside.

2. Once the Beef is cut up, mix your Marinade in a separate bowl. Pour over the beef strips and mix up very well. Cover with plastic wrap and set into the fridge to marinate for 12-24 hours. I wouldn't go longer than 24 hours as the acid from the Orange Juice would start to really break down the fibers of the Beef and make it a bit gummy.
3. Once the Marinade Time is complete, remove from the fridge and allow to come to room temp. Start your Smoker and bring it to 220f. Remove the Beef Strips from the Marinade and try to remove most of the marinade from them. The less on the beef, the faster it will dry! Once the smoker is to temp, place the strips of beef on the grill and space it out so that they are not touching each other. You may have to do 2 batches here, and that's ok. Don't overcrowd the grill, as the beef will not dry evenly. Close it up and smoke for 1 hour.
4. After the hour is up, flip each piece and close up for another hour. Depending on how you like your jerky, you could remove now or go a bit longer to dry it out more. I like mine around the 2:30 to 3 hour mark. Remove from the grill when you are happy with the doneness. Place onto a wire rack and allow to cool to room temp.
5. Place into a Ziplock Bag and store on the counter for 1 week, or in the fridge for 2 weeks. I highly doubt that it will last that long.

Couple of Tips

- I like to let my jerky sit in the bag for a day before getting into it. The flavor seems to deepen with a bit of time.
- If you are using the oven, add 1 tsp liquid smoke to the marinade. When ready to cook, place the Beef Strips onto a non-stick sprayed cooling rack over a cookie sheet lined with foil. Stick to the same cooking time and flip times, but use your judgement on doneness.
- The Recipe is solid, but feel free to play with it a bit and make it yours. Add more spice, or more sugars. Whatever you like!