

Beef Jerky Hawaiian Style

Ingredients

- 1 teaspoon salt
- 1 teaspoon ground ginger
- 1 tablespoon brown sugar
- 1/4 teaspoon black pepper
- 1/8 cayenne pepper
- 1 clove crushed garlic
- 1/4 cup pineapple juice
- 1/4 cup soy sauce
- 1 pound lean meat, thinly sliced (3/16 - 1/4 inches thick)

Directions:

“In a small glass bowl, combine all ingredients except meat. Stir to mix well. Place meat 3-4 layers deep in a container, spooning sauce mixture over each layer. Cover tightly and marinate 6-12 hours in the 'fridge, stirring occasionally and keeping the mixture covered.”

Thus ends the official recipe. Here is my contribution:

The next morning, place a wire cooling rack on a cookie sheet. Lay a single layer of meat on the wires. Set your oven to the lowest setting possible (probably about 175 degrees). Cook overnight. In the morning, turn the oven off but leave the meat in the oven with the door closed to continue drying for several more hours (while you are at work). When done, use scissors to cut into bite sized chunks. Store in an airtight container in the 'fridge because it will still have some moisture in it. I think it tastes better moist, but if you want it absolutely bone dry, you could put it in a dehydrator. I don't have one so I put it uncovered on the front dash of my car and let the sun cook the devil out of it for several hours (this is usually done while en route to Burning Man since no refrigeration is available).

Try the ingredient list on your first practice batch. After that, add anything your darn well please to suit your taste. There are lots of recipes on the Web.

The key to slicing the meat is not to do it. Visit the grocery store during the day when the butcher is on duty. Have them recommend a type of meat and tell them you want it sliced for beef jerky. You might be lucky enough to get their favorite jerky recipe. They all have one. One pound is fine for your practice batch but I do several pounds for Burning Man.

Don't make jerky by only dehydrating it, you won't kill parasites or bacteria. It needs to be cooked over 110 degrees.

Submitted by Hartmanns: "Good luck and enjoy. You'll never buy commercial beef jerky ever again."