

BEEF JERKY

By: Carlos G. Mokarzel

- 1 ½ Pounds of "EYE OF ROUND ROAST"
Use of any other meat is just not the same.
 - 1/4 Cup of Soy Sauce (I use La Choy brand)
 - 2 Tablespoons Liquid Smoke (Figaro Brand, Mesquite Flavor)
 - 1 Teaspoon Black Pepper (Course Grind Style Pepper)
 - 1 Teaspoon of Onion Powder
 - 1/3 Teaspoon of Garlic Powder
 - 1 Teaspoon of Accent Meat Tenderizer
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Freeze Meat for about 2 hours. This will make it a LOT easier to cut evenly. Slice meat across the grain into 1/4" inch slices. Trim off any fat. Cut any veins out.

Mix all remaining ingredients into a bowl.

Dip meat into bowl and then place into a shallow dish. After all meat has been treated, pour remaining juice over the meat. Cover the dish and refrigerate overnight.

Lay beef strips on a metal rack (something that allows air circulation around the strips). Sprinkle with more of the black pepper at this time if you like lots of black pepper on your jerky (I do).

Place rack in the oven. Prop oven door *slightly* open with a metal tool. I got better results with the slight opening vs. leaving oven door closed.

Cook in oven at 150 degrees for 8-12 hours or until meat is dry and chewy. Time will be dependant upon meat thickness and oven characteristics.
