

• VENICE, CALIFORNIA •

• THREE JERKS™ •



THE ORIGINAL FILET MIGNON BEEF JERKY

HOW TO MAKE BEEF JERKY:

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STEP-BY-STEP TUTORIAL

CHOOSE YOUR PROTEIN

Look for lean cuts when selecting a type of meat to use for your jerky.

Meat that contains lots of fat means extra-oily jerky, which could go rancid faster. Beyond lean cuts of beef like skirt, flank, or strip steak, try:

- Fish, such as salmon
- Chicken breast
- Venison



TRIM THE MEAT

Though you're starting with a lean cut of meat, be sure to trim any excess fat. Before drying the jerky, you'll want to make sure it doesn't have any visible pieces of fat. If necessary, cut the meat into smaller pieces to make it easier to trim.



SLICE AND PORTION

Once your meat is trimmed, wrap it tightly in plastic wrap and place into the freezer for up to an hour. The meat will just start to freeze and harden, making it easier to slice. When your portion reaches the desired firmness, use a sharp chef's knife to slice the meat along the grain into 1/8-inch thick strips.



PREPARE THE MARINADE

After the meat is sliced, it's time to get creative with seasonings. There are many popular options for jerky marinades, such as:

- Chipotle
- Teriyaki
- BBQ



SEASON THE MEAT

After you've prepared the perfect marinade, allow plenty of time for the meat to absorb its flavor. Stack the meat in a resealable bag, then coat the strips with marinade and store in the fridge. Shoot to marinate for at least 4 hours and up to 24 for maximum flavor.



PREP FOR DRYING

Before even turning on your oven or dehydrator to dry the meat, you'll need to prepare the area. Cover the bottom with aluminum foil to prevent splatter and messes. Then, remove the strips of meat from your marinade and poke with a wooden skewer to make the finished product easier to handle and move.



DRYING IN THE OVEN

Set your oven to 200 degrees and place the strips of meat directly onto the racks. If possible, vent the door so moisture can escape. Leave to dry for at least 7 hours. You'll know the jerky is done when it's crispy and bends without snapping, like a green twig.



DRYING IN A DEHYDRATOR

A dehydrator is best for long-term jerky storage. Similar to the oven method, the dehydrator must be set to 200 degrees; however, with this method the meat will cook in about 4 to 6 hours. Make sure to check the meat occasionally after 4 hours. You should also vent the dehydrator so any excess moisture can escape.



ABOUT THREE JERKS JERKY

Three Jerks Jerky have spent countless hours experimenting to create the highest quality, purest premium beef jerky. We specialize in filet mignon jerky to celebrate one of the best cuts of beef there is. Our products are always gluten free and never contain MSG, sodium nitrates, or sodium nitrites.

For more information and to buy jerky, visit us online at www.threejerksjerky.com.



Summary

This presentation outlines the steps required to make your own jerky, from prep to drying. All you need is a few hours and a great cut of lean meat to make delicious gourmet jerky at home.