



# INSTRUCTIONS

*For Making Homemade*

# GAME BIRD JERKY

## GROUND & FORMED GAME BIRD JERKY

Ground and Formed Jerky is a great place to put the small scrappy pieces of trim from the carcass of your game bird or fowl. Simply add spice/cure and form or use a jerky shooter to make jerky.

### Pre-Prep Procedures:

- a. Determine the jerky profile preferred (sticks, round pieces, strips, etc.) and gather required materials to form the meat (jerky shooter, cake pan, wax paper, meat roller, etc.)
- b. Assemble meat, spices, thermometers, aprons and assure cutting boards and knives are clean and sanitized. Use non-reactive containers, such as stainless steel or non-metallic tubs or bowls.

### A. MEAT PREP:



1. Clean off all available meat from bird carcass and weigh.  
Keep all meat below 40° F. during processing (colder is better).



2. Portion out the required amounts of spice and cure. Mix spice and cure together. **See GROUND & FORMED chart for breakdown.**

(Because the spice is mixed into the meat, a higher concentration of spice is required for ground jerky to achieve the same flavor intensity of whole muscle jerky.)



3. Grind meat through **coarse** grinding plates.



4. Thoroughly blend spice/cure into meat taking extra mixing time to create a sticky consistency.

a. Hi-Country's Powdered Smoke flavors work great to build depth with a smoky flavor when making home oven or dehydrator jerky. If used, these would be mixed in along with the spice (available in stores or online at [www.hicountry.com](http://www.hicountry.com))

5. If you are using domestic fowl for making jerky, regrinding is likely unnecessary when making a coarse textured jerky. However, if using game birds harvested with a shotgun, regrinding through a fine plate will trap any BBs behind the plate.

Mixture can be refrigerated overnight or immediately laid onto jerky screens for cook procedure.

## B. FORMING AND LAYING ON TRAYS



### OPTION #1: USING A JERKY SHOOTER

(resembling a large caulking gun)



a. A jerky shooter extrudes a uniform meat width and thickness. A screen is best but if meat is firm a wire tray also works well.



b. Optional: Scoring the strips on the screen with a knife prior to drying facilitates breaking into sticks later.

### OPTION #2: FORMING MEAT INTO A ROLL OR MOLD IN A PAN

(Roll Formed)



a. Firmly form meat into a roll with wax paper **or** into a 1" thick slab in a shallow cake pan lined with wax paper. Wax paper will prevent sticking.



b. To aid in slicing, firm up your formed meat in a freezer for 2 to 3 hours .

c. Remove wax paper and slice into uniform 1/4" thick strips.



d. Place the meat strips on wire racks or screens.

**Allow meat to thaw prior to cook/dry procedure.**

(Pan Formed)



### EXPERIMENT WITH TOPPING JERKY

For variety try topping some pieces with different spices or ingredients prior to the cook and dry procedure (i.e. cracked pepper, crushed chili pepper, chopped jalapenos, etc). Gently press into the surface of the meat.

## 5. COOK/DRY PROCEDURES:

Review Tips & Tricks prior to doing this procedure.

This is a two step cook/dry process recommended by the USDA to assure destruction of harmful pathogens prior to drying the meat. Internal temperature must reach 165° F. prior to the drying cycle (See Tip 2).



### HOME OVEN COOK SCHEDULE:

Suggested Cook Schedule - results may vary with different ovens.

- A.** Preheat oven to 325° F. This temperature will allow for pathogen destruction prior to the drying cycle (See Tip 2).
- B.** Place rack (use pan to catch drippings) or cookie sheet in oven.
- C.** Insert temperature probe into seasoned meat (See Tip 3).
- D.** Cook to an internal temperature of 165° F.
- E.** Remove probe and lower oven temperature to lowest setting (See Tip 5).
- F.** Dry to desired texture (See Tip 6). Trays may need to be rotated top to bottom for more even drying.  
**Dehydrator:** After 165° F. internal temperature is achieved the jerky could also be transferred to a dehydrator and dried to desired texture (See Tip 8).



### COOKER/SMOKER SCHEDULE:

Suggested Cook Schedule - results may vary with different types of cooker/smokers.



- A.** Create steam by setting cooker/smoker to high and placing a water tray over burner. This will allow for pathogen destruction prior to the drying cycle. (See Note A and Tip 2)
- B.** Place rack in cooker/smoker.
- C.** Insert temperature probe into seasoned meat (See Tip 3).
- D.** Cook to an internal temperature of 165° F.
- E.** Lower cooker/smoker temperature setting to 140° F. to 160° F. Remove probe (See Tip 5).
- F.** Apply smoke. Smoke adheres best to a moist and tacky surface.
- G.** Dry to desired texture (See Tip 6). Trays may need to be rotated top to bottom for more even drying.

**Note A:** If your cooker/smoker cannot make steam, pathogen destruction can be achieved in a home oven and then transferred to the cooker/smoker for the smoke and dry cycle. See steps A to D in Home Oven Cook Schedule above.



- 6. MOISTURE EQUALIZATION:** Immediately after drying, seal all jerky in a single container or reclosable bag and let set overnight to allow moisture to equalize between thick and thin pieces for improved pliability.
- 7. STORAGE:** Repackage to smaller batches and store unrefrigerated for up to 2 or 3 months, or freeze for long term storage. Uncured jerky should be kept refrigerated, or frozen for long term storage (See Tip 7).

### Use the following charts for easy batch conversion.

#### For Use With Smoky Citrus Blend GAME BIRD Seasoning.

Recipe for GROUND & FORMED JERKY		
Total lbs. of meat	Amount of Spice	Amount of Cure*
12 to 14 lbs.	All (13.6 oz.)	1 full packet
10 lbs.	1-1/2 Cup	1-1/4 tsp.
5 lbs.	3/4 Cup	5/8 tsp.
3 lbs.	7-1/2 Tbsp.	3/8 tsp.
1 lb.	2-1/2 Tbsp.	1/8 tsp.

#### For Use With Spicy Sweet Blend GOOSE & DUCK Seasoning.

Recipe for GROUND & FORMED JERKY		
Total lbs. of meat	Amount of Spice	Amount of Cure*
10 lbs.	All (13.6 oz.)	1-1/4 tsp.
5 lbs.	1-1/4 Cup	5/8 tsp.
3 lbs.	11-1/2 Tbsp.	3/8 tsp.
1 lb.	4 Tbsp.	1/8 tsp.

The spice usage rates above are guidelines only. Using more or less is a matter of personal preference.

\* Cure Instructions: Use of the cure packet in jerky is optional. If cure is not used then REFRIGERATION IS REQUIRED.



# TIPS & TRICKS

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## GAME BIRD JERKY

- 1. Jerky Thickness:** Slicing meat strips or flats to uniform thicknesses helps in testing for doneness in the cook dry steps.
- 2. Cook-Dry procedure:** Game is especially susceptible to contamination by fecal matter, wound contamination, temperature abuse during transporting and storage. This cook/dry procedure destroys potential pathogens during otherwise low temperature drying where evaporative cooling has been known to produce heat resistant bacteria. This high temp initial cook procedure destroys pathogens while they are still in a moist environment.
- 3. Internal Temperature:** The internal temperature of the jerky must reach 160° F. (game or beef) and 165° F. (fowl) for pathogen destruction. Fold or form meat around an oven proof thermometer probe to monitor internal temperatures. As soon as internal temperature is achieved open oven or cooker door and release high heat and proceed to dry cycle.
- 4. Monitoring Oven temperatures:** It is best to monitor actual cooker temperatures. Actual temperatures are hard to estimate and monitoring cook temps can improve repeatability of award winning jerky.
- 5. Water tray while drying:** A moist drying environment (such as in a dehydrator) keeps the meat surfaces from over drying where moisture cannot escape for evaporation. The use of a water tray or restricting the dampers on some smokers may lessen this condition.
- 6. Doneness of Jerky:** Some say, "It's done when it tastes the way I like it". Trial and error perfects the art of jerky making. Observing the cross section and how it reacts when folded are clues to doneness. When folded or twisted, whole muscle jerky should break slightly and white connective tissue should be visible with the inside being slightly moist. If rubbery, jerky requires more drying.
- 7. Salt out or mold:** Some jerky after drying to the point where it has the desired texture can still have high levels of moisture. This moisture will continue to evaporate from the meat, carrying along the salt to the surface, as well as providing the conditions for mold to form (especially when stored in an air tight container or bag).
- 8. Dehydrators:** This is one of the best procedures for making quality homemade jerky due to how the meat surfaces are kept supple by escaping moisture during dehydration. However, it is important that the initial pathogen destruction is done in an oven or by steam to prevent creating heat resistant bacteria.
- 9. For more information** on making homemade jerky safely, refer to the USDA Gov web site:



[http://origin-www.fsis.usda.gov/Fact\\_Sheets/Jerky\\_and\\_Food\\_Safety/index.asp](http://origin-www.fsis.usda.gov/Fact_Sheets/Jerky_and_Food_Safety/index.asp)