

Beef Jerky

Ingredients

1 1/2 lb flank steak

Directions

Select a 1/2 inch thick flank or top round steak. trim away all fat then partially freeze until firm. Slice across the grain in a 1/4 to 1/2 inch wide strips. Place meat strips in a shallow dish or heavy plastic bag. Add soy or teriyaki sauce to cover meat. If desired onion or garlic powder or Worcestershire sauce may be added. Toss to coat each piece. Cover and refrigerate several hours or overnight. Lift meat from marinade, drain and then air dry for a couple of hours. Arrange meat strips in single layer on fine wire screen or cake cooling rack. Bake in oven (175 degrees F to 200 degrees F) or slowly cook in smoker until meat is completely dried (This may take hours). Store in air-tight container. Serve as a snack or appetizer.