



Venison Jerky Recipe

Jerky made from venison or lean beef is a delicious high protein snack and easy to produce at home

Equipment

- Dehydrator or cool oven with oven thermometer
- Sharp knife

Marinade ingredients (per 500g of meat)

- 150g Redcurrants
- 2tbs unrefined sugar
- Worcestershire Sauce (to taste)
- 1 tsp paprika
- 3 tsp dried onion powder
- Black Pepper (to taste) 2-4 tsp hot sauce

Method

- Select a very lean cut of beef or venison
- Trim off any fat or silverskin
- Slice thinly across the meat fibres with a sharp knife
- Mix marinade
- Marinate the meat slices for 24 to 48 hours
- Dry the jerky at a temperature of around 65C (150F) until thoroughly dehydrated (6-8 hrs for thin slices)
- Once completely dry, store in an air tight container.