



HOMEMADE OVEN JERKY

Prep Time 1 hour	Cook Time 3 hours	Level Easy
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Ingredients:

- 3 pounds Top Roast, Rump Roast, Or London Broil
- 1 cup Gluten Free Soy Sauce
- 1/2 cup Worcestershire Sauce
- 1 Tablespoon Oregano
- 2 teaspoons Liquid Smoke
- 2 teaspoons Ground Black Pepper
- 2 teaspoons Paprika
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder



Directions:

1. Flash freeze the meat for 45 minutes, enough to make it firm but not frozen.
2. Cut off any excess fat on the slab of beef. Slice the beef into 1/8th inch slices, against the grain. Place in a large gallon zip bag or several different bags if you want to do different flavors.
3. Add all remaining ingredients to the bag. Zip and massage to mix well. Chill for at least 45 minutes, but up to 24 hours.
4. Preheat the oven to 175°F. Line 3 large rimmed baking sheets with foil. Place a metal rack over the foil on each pan.
5. Lay the beef in a single layer across the racks. Bake for 3 to 4 hours, checking at the 3-hour mark for texture and moisture level. (Bake 2–3 hours in a convection oven.)
6. Store in an airtight container at room temperature for 1 to 2 weeks.

Notes to the Chef:

If you cook the jerky for less time it will retain more moisture and be a “juicier” jerky but will only last 7-10 days. Bake it longer for a “drier” jerky that lasts longer in your pantry.

