

GREAT LAKES INDIAN FISH & WILDLIFE COMMISSION

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Venison Jerky

Original recipe and methods from Myron Burns, Sr. "Burnsie", Bad River

Prep Time: 2 hours + overnight refrigeration

Cook Time: 7 hours

Total Time: 9 hours + overnight refrigeration

Serving Size: 5" strip

Yield: 68

Ingredients

- | | |
|--------------------|--|
| 6 pounds | lean venison (scrap meat is fine), cleaned of connective tissue and all fat, partially frozen |
| 1 pounds | lean beef, 93-95% lean, partially frozen |
| 3 tablespoons | jerky spice mix |
| 1 ½ tablespoons | Cajun spice |
| 1 heaping teaspoon | Insta Cure #1 or other curing salt |

Nutrition Facts		Amount/Serving	% Daily Value*
Serv. Size 1 piece (47.8g)		Total Fat 3.5g	5%
Servings 68		Sat. Fat 1.5g	8%
Calories 70		<i>Trans Fat</i> 0g	
Fat Cal. 30		Cholest. 35mg	12%
* Percent Daily Values are based on a 2,000 calorie diet.		Sodium 280mg	12%
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		Total Carb. 0g	0%
		Protein 10g	20%
		Iron 8%	

Exchanges: Fat - 0.00
Meat-Lean - 1.50

It is very important to keep the temperature of the meat below 40°F while preparing to dehydrate. Keep a thermometer in the meat and if the temperature reaches 40°F chill meat in a refrigerator or freezer for 15 minutes.

Directions

Preparing Ground Meat

1. Clean venison and beef thoroughly and cut into 2-inch chunks then place in a stainless steel bowl.
2. Let meat mixture rest in the freezer until chilled through, about 15 minutes.
3. In a small bowl combine jerky spice, Cajun spice, and Insta Cure.
4. Using a meat grinder, run chilled meat mixture through largest die until all is ground.
5. Return meat mixture to bowl, thoroughly mix in spices, and refrigerate until chilled, about 15 minutes.
6. Change grinder die to medium.
7. Return meat mixture to bowl and refrigerate until chilled, about 15 minutes.
8. Change grinder die to smallest plate and regrind chilled meat mixture.
9. Package meat mixture in a clean large durable container with lid or double bag using two plastic food storage bags.
10. Refrigerate meat mixture for 24 hours in order to allow flavors to develop.

Forming and Drying Jerky

11. Follow manufacturer's instructions to setup a dehydrator in a place where it will be undisturbed for 7 hours.

12. Follow manufacturer's instructions to prepare jerky-making gun with strip-shaped nozzle and fill with meat mixture.
13. Squeeze mixture into plump strips directly on clean dehydrator trays. Strips can be placed right next to each other.
14. Run a butter knife under each strip to insure it does not stick during the drying process.
15. When placing dehydrator trays into dehydrator, turn each tray a quarter turn before putting it in the dehydrator so that the strips are perpendicular to one another, if possible.
16. Dry meat mixture at 145 °F for 7 hours, checking temperature inside the dehydrator periodically with a thermometer.
17. Jerky is done when it bends and cracks but does not break.
18. Cut jerky strips in two and store in a plastic resealable bag in the refrigerator or freezer. Eat within one week or freeze for up to 6 months.

Bold. Indigenous foods

Chef Notes:

- ✍ If meat is already ground thoroughly mix in all spices and pick up with step 9.

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