

Traders of the Bighorn

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Cowboy Cooking

GARLIC JERKY

Remember that drying meat reduces its water content and thus size. You will have a third to a half less meat than you started with.

2 lbs. flank steak (1/4 to 1/8" thick)
1 red hot chili pepper (optional)
2 tsps. course salt (kosher salt)
1/2 tsp. dried oregano crushed (optional)
2 cloves minced garlic

Cut beef into strips 5-6" long and approximately 3" wide. Rub with salt and seasonings. Place strips on a wire rack on a baking sheet. Bake at 150 F. to 175 F, 4 - 7 hours, depending on thickness of meat and water content. When done the meat should be dry and flexiable. It should bend but not break. It should have no more than 2% water content to prevent bacteria growth.