

BCOLS

TRAIL COOKING

2011

Dominick Caridi

703-360-9206
dscaridi@aol.com

703-625-4196
dominick.caridi@dhs.gov

PRELIMINARIES

Nutritional guidelines

- The basic "unit" of measure for building a shopping list should be one serving per scout unless conditions [weather or physical activity] indicate increases in this measure.
- Your meals should be good for you; you should build your meals on the five food groups.
- Your dinner meal must include meat, vegetable, cereal, fruit, and dairy portions.
- Keep "junk" food to minimum -- its usually expensive and often doesn't provide a lot of food value.

Cost considerations

- It does make a difference where and how you shop.
- Some stores are more expensive than others; find out which is cheapest.
- House and /or generic brands are almost always cheaper.
- Sale items aren't always the cheapest.
- If you only need 6 of an item, it doesn't matter how cheap they would be if you bought the box of 24.

Other things

- Repackage — cut down on and trash in the woods; if possible, dispose of cardboard containers at home [don't throw away the instructions!] — if you don't pack it in, you won't have to pack it out.
- Meat Jerky — is a key protein ingredient and is a cheaper alternative to the new enveloped meats.

Some Final Pointers

- **Experiment:** Use different ingredients. Try different spices.
- **Watch your ingredients:** Keep proportions right
- **Pay attention to the liquid level:** If it's too low or too thick, add water. If it's too high or too thin, uncover the pot for a while or add a thin thickening paste made from water and flour.

COOKING, HYGIENE AND SANITATION

Wash your hands! Wash your hands before you prepare your meals (and before you eat). Consider using a Purell-type hand cleanser or latex-free surgical gloves.

Clean-up

Use the three-pot method to do KP. One pot has warm water with a few drops of biodegradable soap for cleaning. One pot has warm water for rinsing. One has boiling water for sanitizing (using bleach or other sanitizers is a poor backwoods ethic). There are nine simple steps:

1. Using paper toweling wipe the interior of all cooking utensils, eating utensils, plates.
2. Using a spatula scrape the interior of all pots.
3. Starting with the personal gear wash in the first pot, rinse in the second pot and sanitize in the third pot.
4. Clean the pots following the same procedure.
5. Pour the soapy water into your sump thru your strainer.
6. Pour the rinse water into the soap pot and pour into the sump thru your strainer.
7. Pour half of the sanitizing water into the ex-soap pot and pour into the sump thru your strainer.
8. Pour the remaining half of the sanitizing water into the ex-rinse pot and pour into the sump thru your strainer.

You know you were successful in your process if there are little or no food particles in your strainer.

Back Country

No sumps! Dispose of wash water using the broadcast method. The food particles trapped in your screen should be placed with your "wet" garbage and packed out.

QUICK-COOK, ONE-POT TRAIL MEALS

Couscous and Chicken - from <i>Wilderness Ranger Cookbook</i> – page 80		
2 packages Instant couscous with dried vegetables (use half of the box)		
2 - 4 oz cans of chicken	Tabasco to taste	Water
Boil couscous with enough water to cover. When water is absorbed, add chicken, Tabasco and any other seasonings you wish. This serves four people. Use two pots and two preparations for entire patrol		

Chicken Ramen Goulash from <i>Wilderness Ranger Cookbook</i> – page 51		
2 packages chicken ramen noodles	2 - 4 oz cans chicken	½ to one cup chopped celery
fresh sliced mushrooms – as many as you wish any other vegetables, optional salt and pepper to taste		
Make soup according to directions on package. Just before noodles are cooked, add the remaining ingredients and cook until warm. Makes 4 servings. Make two pots for entire patrol.		

Chicken- Rice Curry from <i>Wilderness Ranger Cookbook</i> - page 34		
1 cup instant rice	½ cup raisins	8 cups water
3 tbsp. Curry	2 – 4 oz cans of chicken	2 packages chicken noodle soup
8 tbsp. Margarine (use cooking oil or Butter Buds equivalent)		
Sauté rice and raisins in margarine. Add water, chicken soup and curry. Bring to boil. Simmer for 15 minutes. When almost done, stir in chicken. Heat until warm. Serves 4 people. Make two pots for entire patrol.		

Strike Again Mung - from <i>Gorp, Glop & Glue Stew</i> – page 64		
4 cups minute (or instant) rice	flavorings to taste	1 pkg gravy mix (optional)
1 pkg chicken noodle soup mix	4 oz can chunk chicken	2 quarts water (more or less)
1-medium can of white beans (optional)	2 pkgs Ramen noodles	1 pkg onion soup mix
Bring water to boil and add all ingredients. Stir occasionally cook about 15 minutes or until thickened – add the chicken once removed from the stove. Makes 4 servings. Make two pots for entire patrol.		

Chicken Curry – from <i>Cooking the One Burner Way</i> – page 91		
1 4 oz can chicken	3 – 4 tsp. Curry Powder	
1 package freeze dried peas (if available)	1 ½ cups instant rice	
1 envelope Knorr Leek soup		
1 envelope Herb-Ox Instant chicken broth (or one cube)	nuts/raisins/dried cranberries/ etc. for toppings	
Bring 5 – 6 cups of water to a boil. Add chicken, peas, leek soup mix and chicken broth. Set aside to rehydrate freeze-dried vegetables (if used) otherwise proceed without waiting. Add curry powder. Bring back to a boil and add minute rice. Cook 5 – 10 minutes, stirring occasionally. Sprinkle with toppings and serve. Serves 4 – make two pots for entire patrol.		

Chicken Paella – from <i>The One Burner Gourmet</i> – page 107		
2 2/3 cups minute rice	4 tbsls. Minced onion	2 – 4 oz cans chicken
3 cups bouillon (3 cups water, 4 tsp. Instant bouillon)	1 tsp. Salt	1 jar chopped pimientos
Combine all ingredients in a pot. Cover and bring to a boil. Simmer 5 minutes. Serves 4. Make two pots for entire patrol		

NO COOK, ONE-POT TRAIL MEALS

Meals

Bring water to a boil, add boiling water to the food in a one-quart plastic measuring cup, stir, cover with a lid, and let stand about 20 minutes. Stir and eat. The ingredients listed are for one serving. Put all the ingredients together in a Ziploc bag. Pack a bag for each person in your group. These are large servings.

Baco Spuds

1 tsp. butter buds	2/3 cup mashed potato flakes	2 tbs. dry milk powder
dash black pepper	1 tsp. cilantro flakes	1 tsp. finely minced onion flakes
	2 tbs. bacon bits	1/2 package Alfredo Sauce Mix

To prepare in camp: Add 1 and 1/2 cups boiling water, stir, add a little more water and stir to desired consistency. Eat immediately. This is a good cold weather meal as it doesn't have to sit around reconstituting and cooling off.

Italian Rice and Beans

1/4 cup beef flavor minced TVP	1/2 cup dried cooked rice	1/3 cup dried cooked beans
1 tsp. minced onion flakes	1 tsp. Italian seasoning	2 tbs. minced dried vegetable flakes
1 tbl Knorr tomato bouillon		1 tsp. garlic and herb seasoning

To prepare in camp: add 2-3 cups boiling water (depending on your preference for thickness), stir, cover, and let stand 20 minutes. Stir and eat.

Asian Ramen

1 tbl. minced dried vegetable flakes	dash black pepper	1 creamy chicken ramen packet
1 tsp. Tofu Helper Shanghai Stir Fry seasoning	1 tsp. butter buds	1 pkg. of ramen noodles, crushed
1/3 cup dried cooked beans	1/2 tsp. garlic powder	1 tsp. minced onion flakes

To prepare in camp--add 2-3 cups boiling water (according to your preference for thickness), stir, and cover; let stand 20 minutes, stir and eat.

Teriyaki Ramen

1 tsp. Tofu Helper Stir Fry seasoning	1 tsp. onion flakes	1/2 tsp. lemon pepper
1 brick ramen noodles, crushed	1/4 tsp. garlic powder	1 teriyaki chicken ramen packet
1 tbs. minced dried vegetable flakes	1/2 tsp. parsley flakes	1/4 cup dried cooked beans

To prepare in camp--add 2-3 cups boiling water (according to your preference for thickness), stir, cover; let stand 20 minutes, stir and eat.

Bean and Bacon Soup

1 packet of Washington Onion Broth	1 tsp. minced onion flakes	dash black pepper
1 cup dried cooked brown rice	1/2 tsp. parsley flakes	1/4 tsp. garlic powder
1/3 cup dried cooked beans	1/4 tsp. soul seasoning	2 tbs. bacon bits

To prepare in camp: add 2-3 cups boiling water (according to your preference for thickness), stir, cover; let stand 20 minutes, stir and eat.

Curried Ramen

1/2 tsp. garlic and herb seasoning	1 brick ramen noodles	1 tsp. curry powder
1 packet creamy chicken ramen flavor	1/4 cup raisins	1/3 cup dried cooked beans
1 tsp. dried minced vegetable flakes	1 tsp. minced onion flakes	1/4 cup chopped cashews

To prepare in camp: add 2-3 cups boiling water (according to your preference for thickness), stir, cover; let stand 20 minutes, stir and eat.

Potatoes and Gravy

2/3 cup mashed potato flakes	1/3 cup minced beef TVP	1 tsp. minced onion flakes
1/2 package La Loma mushroom gravy	1 tsp parsley flakes	1 tbs powdered milk
1 tsp. butter buds		

To prepare in camp: add 1 and 1/2 cups boiling water. Stir. Add a little more water to desired thickness,

stir, and eat. Add water and heat. Veggies need to re-hydrate for a while.

TRAIL LUNCHES

GORP: GOOD OLD RAISINS AND PEANUTS

ALERGY ALLERT Good Old Raisins and Peanuts (and Walnuts)

- Store Bought (typically has peanuts)
- Homemade: 1 Cup (or as much as you like) of each: M&Ms, Raisins, Shredded Coconut, Dried Berries (cranberry, strawberry, raspberry), Dried Fruit pieces (dates, apricot, banana), Seeds (sunflower, pumpkin), Nuts (any chopped not other than peanuts and walnuts), Toasted Rolled Oats

"FOOD" BARS

- Power Bars (various brands)
- Breakfast Bars
- Fruit and Grain Bars
- Granola Bars
- Snickers
- Homemade (combine your GORP recipe with some brown sugar and enough honey so that you can form handful into bar and it holds its shape; bake in oven - like cookies)

BEEF JERKY

- Store Bought
- Homemade: 1 lb. Beef; your choice; if not tender cut; slice paper thin; tender cut slice 1/8 to 1/4" thick; 1/2 tsp. Pepper; 1 tsp. Onion powder; 1/2 tsp. Garlic powder, 3 tbs. Soy sauce; 5 tbs. Worcestershire sauce. Trim all fat off the beef. Mix other ingredients together. Marinate meat overnight in the mixture. Remove from marinade and pat meat between towels. Line cookie sheet with foil and arrange meat on it in a single layer. Dry for 8 or more hours at 200~, turning after 6 hours. Cool and store in a tightly covered jar or sealed in plastic bag.
- Beginning on page 19 there is a listing of nearly 50 Jerky recipes.

SUPERMARKET FOODS

SUPERMARKET LIGHT-PACK FOODS	
<ul style="list-style-type: none"> • Foods should always be re-packaged at home before you leave. • Dry ingredients should always be pre-mixed at home before you leave. • Spices always help! 	
Food Item	Comment
• "complete" pancake mix	needs water, skillet
• bacon bits	use as ingredient
• beef jerky	As food item or use as ingredient
• biscuit mix	needs water, powdered milk, BakePacker©
• bouillon cubes	needs hot water; use as ingredient or alone
• cooking oil	use as ingredient
• crackers	
• cream of wheat	needs water, pot
• dried fruits	as is or needs water, pot [for compote]
• dried tortellini & powdered instant pesto sauce	needs water, pot; use as alone
• fruit "rollups" [or fun fruits]	
• fruit bars	
• GORP [good old raisins and peanuts]	
• granola bars	
• hamburger helper	needs water, pot; use as ingredient
• hot chocolate	needs hot water only
• individual canned "chunked" meats	use as ingredient or alone
• individual canned "spreadable" meats	
• individual canned fruit cocktail	
• individual canned tuna	use as ingredient or alone
• individual canned Vienna sausages	use as ingredient or alone
• instant breakfast powdered drink mix	needs water only
• instant coffee or coffee "tea" bags	needs hot water only
• instant cream of wheat	needs hot water only
• instant grits	needs hot water only
• instant oatmeal	needs hot water only
• instant rice	needs water, pot; use as ingredient or alone
• instant soup	needs water, pot; use as ingredient or alone
• lentils [should be rehydrated on the trail]	needs water, pot; use as ingredient
• Lipton Noodle & etc.	needs water, pot; use as ingredient or alone
• Lipton Rice & etc. or Noodles & etc.	needs water, pot; use as ingredient or alone
• macaroni & cheese	needs water, pot; use as alone
• meat gravy	needs water, pot; use as ingredient
• muffin mix	needs water, powdered milk, oil, BakePacker©
• pop tarts	
• powdered instant hummus mix	needs water and spices
• powdered instant yogurt	use as ingredient
• powdered juice mixes	needs water only
• powdered milk	use as ingredient
• power bars	
• quick oats	needs water, pot
• Ramen noodles	needs water, pot; use as ingredient or alone
• rice & beans instant mixes [various brands]	needs water, pot; use as ingredient or alone
• soy-based meat substitute	needs water, pot; use as ingredient
• spaghetti & powdered instant tomato sauce	needs water, pot; use as alone
• tea	needs hot water only
• tea	needs hot water only
• various spices	use as ingredients
• wheatena	needs water, pot

DEALING WITH SPECIAL NEEDS

Many of our crews have members with special dietary needs either because of medical needs or personal preference. We have found Adventure Foods to be a Scout-friendly mail order company that can meet your special dietary needs but also stocks an unbelievable number of freeze-dried or dehydrated recipe ingredients in so that you can create your own meals.

How food allergies are handled at Adventure Foods:

We use only all natural no preservative ingredients. We have the following exceptions:

1. Ham dices have preservatives. You cannot buy ham without preservatives.
2. We have an instant sweet potato granule that has a preservative.

Individual, all natural, vegetables and meats, allow you to fix meals easily at home using our list of ingredients to pack meals for allergies. If it is a single factor allergy to cheese or nuts, you can easily leave that out, or you can contact us to pack it for you. We pack by hand and to order, so there is no chance for cross contamination of packaging equipment.

Lactose Intolerance: For the items that have cheese we have a lactose free/gluten free replacement called Chreese. It does not taste like cheese as you know it, but it is tasty in its own right. It has very garlic flavor.

Gluten Intolerance: We have a list available by e-mail of our foods that are already gluten free, and we are on the recommended shopping list of the National Celiac Assn.

The majority of items that are not gluten free are pasta dishes and bread items and the instant bars.

Most of these items can be packed gluten free for you using Quinoa noodles or rice noodles (your choice) for the noodles, and the bread items- while most breads have already been reformulated for use as gluten free, the demand has not been such that I keep it made up, but I can pack breads gluten free for you. For the Instant bars, only 1 of the instant bars can be done gluten free/lactose free- the peanut-butter bar. To make these changes to the pasta, breads, and instant bars, we charge 75 cents extra per pack, to help cover a bit of the extra time involved in special packing.

If you are one of the gluten free folks who eat oatmeal, the fudge bar on my list has oatmeal in it, and otherwise is gluten free.

Diabetics: We don't have a separate list for Diabetic foods. What we do is take your diet, and daily intake etc., and adjust our recipes to fit your needs.

We use a milk based sugar that is lactose free to substitute for regular sugar. It tastes like regular sugar only your body does not digest it until it reaches your lower intestine, and then it can only absorb 50% of it. This means no sugar surge. We also offer the option of Splenda.

I have been using the milk sugar for about 5 years, and I have cooked many things with it myself. I have made great cookies etc. with it and have been unable to tell that it was not real sugar. It does produce extra gas.

For us to pack for you needs, I need you to tell me what your diet should be. If you are using the exchange list, how many exchanges of each are allowed, or tell me how you are managing your foods.

The industrial program we use gives me a diabetic exchange as well as a full 27 count read out for my foods, which allows me to adjust your foods for you. We currently only charge 75 cents extra per pack to adjust your foods. This does not cover our time, and is just a token amount.

Please feel free to e-mail or phone me and I will be happy to discuss your needs →
jean@adventurefoods.com

ADVENTURE FOODS

481 Banjo Lane, Whittier, North Carolina 28789

phone: 828.497.4113, fax: 828.497.7529

e-mail: CustomerService@AdventureFoods.com, website: <http://www.adventurefoods.com>

JERKY RECIPES

Jerky can be a snack, part of trail lunch, or an ingredient for cooked meal. Below is a number of recipes that have been captured from the internet; I have not tried most of them. Good luck exploring!

Venison Jerky

2 lb Venison
1 c Soy sauce
1 tsp Lemon juice
1/2 tsp Black pepper
1/4 tsp Garlic

Cut the venison in strips approximately 1/4 x 1 x 8-inches. Mix all ingredients and marinate venison approximately 10 hours turning once every hour. Smoke venison on grill until completely dry or you may use oven on low heat with venison spread out on broiler pan.

Beef Jerky #1

1/2 cup each Soy Sauce & Worcestershire Sauce
2 tbl Ketchup
1/2 tsp each Pepper (MORE FOR HOT), Garlic Powder, Onion Salt
1 lb Beef Roast
Marinate 1 hour or overnight. Bake in oven 150 to 170, overnight for 10 - 12 hours.

Beef Jerky #2

1/2 tsp each Pepper (MORE FOR HOT), Garlic Powder, Onion Salt, Garlic Salt, Lemon Pepper
1 lb Beef Roast
1/2 c Soy sauce
Marinate 1 hour or overnight. Bake in oven 150 to 170, overnight for 10 - 12 hours.

Beef Jerky #3

1 Flank steak
1 Clove garlic, minced
1/2 c Honey
1 pinch each pepper & pepper
4 tbl Lemon juice
1/2 c Soy sauce

Put steak in freezer for about half an hour, just until firm. Slice steak across grain, about 1/4-inch thick. Combine remaining ingredients and marinate steak strips in this for at least 2 hours. Place slices on rack in pan and dry in oven at 150 degrees, 12 hours.

Beef Jerky #4

2 To 3 Pounds Round, Chuck Steak or Chuck Roast
1 tsp Onion Salt
1/2 tsp each Salt, Garlic Salt, Lemon Pepper, Sausage Seasoning, Thyme, Oregano, Marjoram, Basil
Combine the spices in a dish. Cut the meat into strips less than 1/4 of an inch thick. Remove ALL fat. Sprinkle one side with the combined seasonings and beat with a meat hammer. Turn and repeat the seasoning and beating. Place the strips on a cookie sheet or other flat pan. Place in a 120 degree F. oven for 4 hours. Turn and put back for another 4 hours. Keep the oven door propped open for the entire time to allow the moisture to escape. With a gas oven, the pilot light may be enough to provide the heat; store in a plastic bag.

Beef Jerky #5

5 lb Beef (roast)

1/4 c Soy sauce

1 tbl each Worcestershire sauce & Liquid smoke

1 tsp each Garlic powder, Onion powder, Black pepper (cracked if pos

Red pepper flakes; optional

Remove the fat and place the strips of meat into marinade and let soak for about 24 hours. Remove from marinade and allow to air dry for at least one hour. If you have a meat smoker then omit the liquid smoke and smoke meat at a low temperature.

Beef Jerky #6

1 lb Lean beef

1 tbl Soy sauce

1 tsp Lemon Pepper

1 tsp Salt

Freeze lean beef for 30 minutes. Slice 1/4 inch thick. Remove all fat. Dip into soy sauce to which you have sprinkled lemon pepper and garlic salt. Spread slices on cake racks placed on cookie sheets. Place cookie sheets in 150 degree oven for 10-12 hours; store in air tight container.

Beef Jerky #7

2 to 3 Pounds Round, Chuck Steak or Chuck Roast

1 tsp Onion Salt

1/2 tsp each Salt, Garlic Salt, Lemon Pepper, Sausage Seasoning, Thyme, Oregano, Marjoram, Basil

Combine the spices in a dish. Cut the meat into strips less than 1/4 of an inch thick. Remove ALL fat.

Sprinkle one side with the combined seasonings and beat with a meat hammer. Turn and repeat the

seasoning and beating. Place the strips on a cookie sheet or other flat pan. Place in a 120 degree F.

oven for 4 hours. Turn and put back for another 4 hours. Keep the oven door propped open for the

entire time to allow the moisture to escape. With a gas oven, the pilot light may be enough to provide the heat; store in a plastic bag.

Beef Jerky #8

1/2 c Lo salt soy sauce

1 1/4 tsp Onion powder

1/3 c Worcestershire Sauce

1 1/4 tsp Garlic powder

2 1/3 tsp Pepper

2 tbl Brown sugar

1 lb Lean beef

Liquid mesquite smoke - use in place of smoker.

Mix all ingredients except beef to make marinade. Cut thinly sliced beef into 1/2 inch strips and marinate

for 8 to 12 hours. Smoke using mesquite chips for about three hours and then finish drying in oven. If

doing whole operation in oven use liquid smoke and hang strips of beef on highest rack and put shallow

pan underneath to catch drippings. Turn oven on and set to lowest possible setting and leave for 6 to 8

hours until thoroughly dried. A couple of hints that I picked up from one of the cooking shows — use

toothpicks or wooden skewers to hang meat by, and put a couple of layers of paper towels in the pan to

collect the drippings and save cleaning problems later on.

Beef Jerky #9

2 lb Very lean Flank Steak or Brisket

1/3 c Tamari Soy Sauce

1 Garlic Clove, minced

Trim fat off meat. Cut across grain into 2 pieces; slice lengthwise with grain into 4" strips 1/4" thick.

Combine soy sauce and garlic in mixing bowl; add meat. Marinate for 15 to 20 minutes, stirring

occasionally. Drain and arrange in single layer on cooling rack set in baking pan. Bake overnight at 150

F for 12 hours until dried. Blot meat on paper towel to absorb excess fat; will keep for several weeks

when stored in a tightly covered container and does not require refrigeration.

Beef Jerky #10

2 qt water
2 c salt
1 c vinegar
2 tbl pepper

Cut meat in 1/4" strips (or as thin as possible). Remove all fat. Boil approximately 6 minutes. Roll moisture from meat. Put on cookie sheet in middle of oven for 1 1/2 to 2 hours at 200F. Leave oven door cracked to let moisture out. Coat with Liquid Smoke and A-1 Sauce; store in airtight jar.

Beef Jerky #11

1 1/2 lb Flank Steak

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 over night. Lift meat from marinade, drain will then air dry for a couple of hours. Arrange meat strips in single layer on fine wire screen or cake cooling rack. Place in low oven (175 to 200 F) or slowly smoke-cook in smoker until meat is completely dried; store in air-tight container. Serve as a snack or appetizer.

Beef Jerky #12

2 lb Round steak; 1" thick
1/2 c Worcestershire sauce
1 tsp salt + pepper to taste
2 tbl Parsley flakes
1/4 tsp Garlic powder; optional

Note: Chili powder, barbeque salt, paprika, horseradish, and onion salt or flakes may also be used in the marinade (or any ideas of your own). Slice steak into 1/2 inch wide strips and place in a single layer in a pan or baking dish. Mix other ingredients and pour over meat. Marinate in refrigerator overnight. Remove and place meat carefully on cookie sheet. Dry in 175~ oven for one hour and then reduce temperature to 150~. Continue baking strips in the low oven until dry, but pliable, one to three hours. Cool jerky and store in tightly sealed containers.

Beef Jerky #13

1 lb Steak or roast
5 tbl Soy sauce
3 tbl Worcestershire sauce
2 tbl Brown sugar
1 tsp Paprika
1/2 tsp each Pepper, Garlic powder, Onion powder
Other marinade ingredients [optional]:
1/2 tsp or more hot pepper sauce
1/4 tsp cayenne
1 tsp chili powder
1 tbl or more liquid smoke
1 tbl parsley flakes
1/2 tsp each ginger & allspice

Trim ALL the fat off the meat and slice into 1/4" thick strips. Mix other ingredients together. Marinate meat overnight in the mixture. Line cookie sheets with foil and arrange meat on it in a single layer. Dry for 8 or more hours at 200 deg F, turning every 2 hours. Cool and store in a tightly covered jar or sealed in a plastic bag.

Beef Jerky #14

3 lb Flank steak - or London broil
1/2 c Light soy sauce
4 1/2 tbl each Honey & Dry Sherry
6 lg. Garlic cloves - minced
1 1/2 tbl each Ginger - fresh, minced & Red pepper - crushed
1 1/2 tbl Sesame oil

Dash freshly ground white pepper

Cut meat in half lengthwise and slice diagonally crosswise into paper-thin strips 1-1/2 to 2 inches wide and 4 inches long. Transfer to shallow pan. Combine marinade ingredients and rub thoroughly into meat. Arrange meat on racks and let dry at cool room temperature overnight (do not refrigerate). Preheat oven to 250 F. Line two large baking sheets with foil and set wire rack(s) on top of each. Arrange meat on racks in single layer. Bake 30 minutes. Reduce heat to 175 F and continue drying meat another 40 minutes (meat should be lightly browned but not burned). Let meat continue to dry on racks at cool room temperature overnight before packing into jars. Dried meat can be brushed lightly with sesame oil for additional flavor and shine; makes 36 pieces or 10 buffet servings.

Beef Jerky #15

1 lb Beef; your choice; if not tender cut; slice paper thin; tender cut slice 1/8 to 1/4" thick
1/2 tsp Pepper
1 tsp Onion powder
1/2 tsp Garlic salt
3 tbl Soy sauce +1 teaspoon; can use light
5 tbl Worcestershire sauce

Trim all fat off the beef. Mix other ingredients together. Marinate meat overnight in the mixture. Remove from marinade and pat meat between towels. Line cookie sheet with foil and arrange meat on it in a single layer. Dry for 8 or more hours at 200~, turning after 6 hours. Cool and store in a tightly covered jar or sealed in plastic bag. Note: I have one of those vacuum sealers and store it in a canning jar using the attachment for sealing jars.

Beef Jerky #16

1 c Soy sauce
4 oz Mesquite smoke (hickory works well also)
1/4 c Water
1/4 c Cayenne pepper
2-3 lb's

Go to the butcher and have them slice a 2 or 3 lb rump roast into slices as thin as bacon (It sometimes takes a while to convince them that you really want it as thin as bacon) put soy sauce and mesquite smoke in a gallon size Ziploc bag. If the smoke came in a 4 oz bottle, use the water to rinse the bottle, pour water into bag. Add pepper. Close bag and let sit for a couple of hours. Trim all fat from the beef. Add beef to the mixture. Let sit for 5 or 10 minutes (I've not had any trouble if left overnight) Remove meat from bag one or two at a time, and lay on trays from dehydrator (I've never made it without a dehydrator). Put trays in dehydrator, opening vent stop to about half.

Beef Jerky #17

1 lg. Boneless Butt Roast
Salt and Pepper

Get as large a Boneless Butt as you can. Cut the individual muscles out of the meat and cut off and discard all the fat and connecting tissue. Cut the meat across the grain as thin as possible -- 1/16 to 1/8th of an inch. The thinner the slices, the easier it will be to dry. Salt and pepper the meat generously on both sides, using more pepper than salt. Lay out the meat strips on a cake or oven rack without overlapping them. Set the rack in an insert fireplace and cook on low heat for 8 to 10 hours, turning every 3 to 4 hours, until dried. You can do the same with a dehydrator or oven, but it won't turn out as good. After it's done, store in a pillowcase. Don't STORE it in plastic, as the meat has to be able to breath, and a paper sack will leave a paper taste.

Beef Jerky BBQ

1 lb Beef loin tip; paper thin <or> 1 lb Beef brisket; paper thin <or> 1 lb Tenderloin; 1/8" to 1/4"
Barbecue sauce without sugar
Onion salt; to taste
Garlic salt; to taste

If necessary, roll out meat slices as thin as possible. Trim off fat. Set oven at 220 and line cookie sheets with foil. Brush one side of meat with sauce. Put slices on cookie sheet; DO NOT STACK. Sprinkle lightly with onion and garlic salts. Cook for 8-9 hours. Turn meat after six hours of cooking and brush with sauce. Cool and store in a tightly covered jar or sealed in a plastic bag.

Microwave Jerky

1/2 lb Trimmed venison *
1/4 tsp Salt
1/3 tsp Garlic Powder
1 tsp Accent
1/4 tsp Black Pepper
1/4 c each Worcestershire Sauce, Soy Sauce, Water
6 Drops Liquid Smoke

Cut meat into 1/8" thick strips, which is easier if it is slightly frozen. Combine ingredients, and place with meat in refrigerator overnight to marinate. Then place the meat strips in a microwave roasting rack. Set the microwave on high for 4 to 6 minutes; after 4 minutes add time in 30 second increments. The idea is to have a dried jerky, which means a color change from brown to dark brown, and a consistency in the meat that has changed from supple to leathery in it's texture.

Original Jerky

Meat; cut into 1/2" thick by 1" wide
Brine solution -- 1 c salt + 1 gal water
Cut meat strips 1/2 inch thick by 1 inch wide. String onto a piece of wire or cored. Dip into boiling brine solution (1 cup salt to 1 gallon water) until meat loses its red color. Remove meat from water and let drip dry. Hang near a fire, but not so close as to cook the meat. May be air dried or sun dried, but this takes much longer (days or weeks), and the meat must be protected from insects.

Oven Jerky

1 Flank Steak
1 Clove
1/2 c Honey
Salt & Pepper to taste
4 tbl Lemon Juice
1/2 c Soy Sauce

Cut steak in freezer for 1/2 hr, until just firm. Slice across the grain into 1/4" thick strips. Combine remaining ingredients and marinate steak strips in this for at least 2 hours. Place slices on rack in pan, and dry in oven at 150 degrees for 12 hours, or until when bent, it will crack, but not break.

Smoked Hamburger Jerky

1/2 c Soy sauce; can use light
1 tbl Allspice
4 tbl Sugar
2 tsp Fresh ginger; grated
1 Clove garlic; minced
1 tbl Liquid smoke; hickory or mesquite
2 lb Ground meat; leanest possible

Press hamburger meat into flat strips 5 inches long by 1-1/2 wide and 1/4 inch thick. Place one layer of hamburger strips in dish for marinating. Mix marinade ingredients together in a bowl until well mixed, sprinkle marinade sauce over meat, soaking well. Turn meat over and sprinkle with sauce. Add layers of hamburger strips to marinating dish and repeat sprinkling of marinade. Pour remaining marinade sauce over meat. Cover tightly and let marinate in refrigerator for 6 to 12 hours. Rotate layers of meat occasionally. Place in dehydrator until dry. While meat is drying, blot excess oil with paper towel.

Smoked Turkey Jerky

1/2 c Soy sauce; can use light

4 tbl Sugar

2 tsp Fresh ginger; grated

1 Clove garlic; minced

1 tbl Liquid smoke

2 lb Cooked turkey; sliced paper thin (turkey thighs are breasts are best)

Mix marinade ingredients together in a bowl. Dip meat slices into marinade. Place dipped meat in layers in a bowl or dish. Pour remaining marinade sauce over meat. Cover tightly and let marinate in refrigerator for 6 to 12 hours. Rotate layers of meat occasionally. Place in dehydrator until dry. While meat is drying, blot excess oil with paper towel.

Knights Turkey Jerky

1 Turkey meat sliced thin

2 tbl Liquid smoke

3 tbl Soy Sauce

10 dash Tabasco sauce

1/3 c Worcestershire sauce

1 1/2 tsp Hickory seasoning liquid

1 tbl Onion salt

Mix all ingredients together in a marinade dish. Mix together and add strips of turkey or beef into marinade. Marinade for 8-24 hours, depending upon how often you shake mixture and how flavorful you want it. Take strips out of marinade and lightly dampen with towel to try excess liquid off. Place in dehydrator or on sheets for oven, dehydrate till jerky is tough/crisp. Time varies based on method of dehydration, use your best judgment (12-36 hours). Add extra Tabasco for spicier flavor.

Dry Cure Southwest Jerky

1 tsp each Salt & pepper

1/2 tsp Cayenne pepper

3 tbl Chili powder

2 tsp Cumin

2 Cloves garlic minced

2 lb Steak sliced thinly

Combine ingredients and thoroughly mix together. This is a dry marinade so there is no liquid. Sprinkle the spice mixture on the meat slices and work into the grain with your fingers. Cover and marinate overnight. Place trays in the oven and dry at 145°F for first 4 hours then set oven 130°F until dry.(4 to 8 hrs.) Jerky should be hard but not brittle. Blot up any fat that appears with paper towels. *For a chewy texture, slice the meat with the grain, or across the grain for tenderer jerky.

Western Jerky

4 tsp Salt

1 tsp Pepper, Chili powder, Garlic powder, Onion powder

1/4 tsp Cayenne pepper

3 dash Liquid smoke

1/2 c Water

2 lb Round, flank steak or other

Cut meat. Mix marinade ingredients together in a bowl. Dip meat slices into marinade. Place dipped meat in layers in a bowl or dish. Pour remaining marinade sauce over meat. Cover tightly and let marinate in refrigerator for 6 to 12 hours. Rotate layers of meat occasionally. Place in dehydrator until dry. While meat is drying, blot excess oil with paper towel; makes 1/2 pound jerky.

Laurie's Jerky

1/3 c Liquid smoke

1/3 c Soy sauce

4 tbl Worcestershire sauce

1/2 tsp Pepper

1/2 tsp Garlic salt

1 tsp Accent

Pour over sliced beef(1 lb.). Marinate at least 2 hours. Drain and then dehydrate.

Meat

1 lb Ground beef
1 tsp Garlic powder
1 tsp Salt
1/4 tsp Black Pepper
1 tsp Liquid smoke
1 tbl A-1 Sauce
1/2 c Quick Quaker Oats
1 Egg white

Sauce

2 tbl A-1 Sauce
2 tbl Worcestershire Sauce
3 tbl Ketchup
2 tbl Vegetable Oil
1 tsp Soy Sauce
1 tsp Liquid Smoke
2 tbl Water

1. Mix ground beef with all other ingredients, stir until mixed. Put into a food processor with chopping knife and chop for a good minute, until well-mixed together and consistency of putty.
2. On a floured cutting board, take ball of meat mixture and coat both sides lightly with flour so it won't stick and roll out with floured rolling pin, fold and roll until roughly 8" by 12" rectangle 1/8" or less thick.
3. Using a pizza cutter, cut into 1" wide strips 8" long and carefully transfer to a wire rack.
4. Heat oven to 300 F, place wire rack with meat in oven on oven rack in center of oven, with second oven rack one notch below. On lower rack, place cookie sheet under meat to act as a drip pan.
5. Bake for 1 hour at 300 F.
6. Mix together sauce ingredients in shallow dish. Remove rack of meat, roll each strip into sauce mix and return to rack. When all coated, return to oven and increase temp. to 450 F. Bake for 15 min.
7. Remove rack again and recoat strips and return to oven for another 15 min. or until strips become almost burnt around edges.
8. Remove from oven and coat one last time, then let sit and cool to room temp.

Venison Jerky #1

1/2 tsp Salt
1/3 tsp Garlic powder
1/2 tsp Black pepper
1 tsp Accent
1 tsp Onion powder
1/4 c Worcestershire sauce
1/4 c Soy sauce

Sauce is for 1-1/2 lbs deer meat. Using meat half frozen for easier slicing, slice in 1/8 inch strips with the grain, desired lengths. Cover with the above sauce and marinate overnight. Spread single layer on oven wire rack, using foil under to catch drippings. With the oven door cracked open and at the lowest temperature, bake 6 - 8 hours; may be eaten immediately, becomes dryer when cold.

Venison Jerky #2

3 lb Lean venison
1 tbl Salt
1 tsp Garlic powder
1/2 tsp Black pepper
1/3 c Worcestershire sauce
1/4 c Soy sauce
1 tbl Prepared mustard

Cut venison into 1/2 inch wide and 1/4 inch thick strips. Mix all other ingredients and pour over the meat; marinate overnight. Remove from marinade and dry with paper towels. Place in oven. In a gas oven the pilot flame will dry jerky in 4 days; in an electric oven use 200 degrees electric oven, leave in the oven until dry by feel.

Venison Jerky #3

3 lb Lean Venison
1 tbl Salt
1 tsp Onion Powder
1 tsp Garlic Powder
1 1/2 tsp Pepper
1/3 c Worcestershire sauce
1/4 c Soy Sauce

Cut the venison into strips 1/4 to 3/8" thick. Mix other ingredients together, and marinate meat strips in it over night, in the refrigerator. Drain and pat dry with towel. Place in smoker until proper consistency is reached. Use only two or three pans of chips. Store in covered jar, or in plastic bags.

Venison Jerky #4

4 lb Venison
1 c Barbecue sauce
2 tbl Liquid smoke
1 tsp Chili powder
1 tbl Worcestershire sauce
Few grains cayenne pepper

Freeze venison until firm and solid enough to slice easily. Cut into 1/8-inch slices with a sharp knife or slicer, and then cut slices into strips 1 & 1/2 inches wide. Meanwhile, blend remaining ingredients and pour over venison strips that have been arranged in rows in a shallow baking pan. Marinate overnight in refrigerator. Drain well. Dehydrator: Cover trays with strips without overlapping. Dry 4 hours at 140 F. Turn strips and rotate trays. Dry another 6 to 8 hours. Well-dried jerky should be dark and fibrous looking and brittle enough to splinter when bent in two. Lay strips of marinated meat in rows over trays being careful not to overlap strips. Dry at 110 F until strips will splinter on the edges when bent in two, 18 to 24 hours.

Venison Jerky #5

2 lb Sliced venison 1/8" thick
2 tbl Worcestershire sauce
2 tbl soy sauce
1 tbl Salt
1 tbl Ground red pepper
2 Cloves garlic, sliced
1 c Corn whiskey
1 c water

Slice the meat when it is lightly frozen. The cuts should be long, thin and with the grain. Cut across the grain if you want tendered, but more brittle jerky. Trim off all of the fat. Marinate strips in a glass container overnight. You may substitute 2 cups of red wine for the corn whiskey and water. Pat dry and arrange pieces side by side on an oven roasting rack, with- out overlap. Cook at minimum heat (150F) for 6 hours. Leave oven door ajar to allow moisture to escape. Meat should be dark, dry and store jerky in a cool, airtight container.

Venison Jerky #6

3 lb Deer meat, thinly sliced
3/4 c Wine, dry
1/3 c Lemon juice
1/4 c Onion, minced
1/4 c Brown sugar
2 tsp Liquid smoke
1 tsp Seasoned salt
1/4 tsp Pepper
3 Bay leaves

Marinate deer meat for 24 hours in the marinade mixture, covered, in a cold part of the refrigerator. Turn meat several times. Remove meat, spreading out to bring to room temp. Place on greased racks in a smoker and smoke at a low heat (160-190 degrees) for 5 to 7 hours, until meat becomes slightly translucent and darkly red, near black; store in plastic bags in refrigerator.

Carne Seca

2 1/2 -3 lb raw jerky meat
2 tsp each Ground oregano & salt
3/4 c Vinegar
2 lg. Onions, finely chopped
2 Cloves garlic, mashed
1/2 tsp Course black pepper
1 tsp Liquid Smoke

Mix all ingredients to make marinade and soak meat in marinade 24 hours. Remove meat from marinade and place in oven or smoker for from 7-8 hours at about 150- 200 degrees. It's done when meat has turned brown, feels hard and is dry to the touch.

Western Barbecue Jerky

1 tsp Salt
3 tbl Brown sugar
1/4 tsp Pepper
1/3 c Red wine vinegar
1/8 tsp Cayenne pepper
1/3 c Ketchup
1 tsp Onion powder
1 lb Lean meat
1/2 tsp Garlic powder
1 tsp Dry mustard

Slice meat into long strips 3/16 to 1/4 inch thick. Uniform slices will shorten the drying time, so use a meat slicer or have your butcher slice it for you. Cut across the grain for increased tenderness. Remove excess fat. In a small bowl, combine all ingredients except meat. Stir to mix well. Place meat 3 or 4 layers deep in a glass, stoneware, plastic or stainless steel container, spooning vinegar mixture over each layer. Cover tightly. Marinate 6 to 12 hours in the refrigerator, stirring occasionally and keeping the mixture tightly covered. Place the meat strips on drying racks. Do not overlap the strips to ensure good air circulation. Oven temperature should be 140 to 160 F (60 to 70 C) for the first 8 to 10 hours. After that it may be lowered to 130 F (55C) until dry. Place aluminum foil or a baking sheet underneath the drying tray to catch the drippings. Occasionally blot the jerky with paper towels as it dries to remove beads of oil. Test jerky for dryness by cooling a piece. When cool it should crack when bent but not break. There should be no moist spots.

Deluxe Camp Chili with Jerky

6 oz Jerky
3 tbl Oil
1 tsp Whole cumin seed
4 tbl Chili powder
1 tsp Onion flakes
1 tsp Oregano
1/2 tsp Cumin (powdered)
1/4 tsp Garlic powder
Water as needed
Flour for thickening

Cut jerky into small, bite-sized pieces, remembering it will swell. In a heavy pot, simmer jerky and cumin seeds gently in moderately hot fat/oil for one to two minutes, stirring steadily to prevent burning. Add chili powder and continue to stir until well mixed. (Amount of chili powder will depend on the hotness of the jerky and your taste.) Add onion flakes, oregano, powdered cumin, garlic powder, and enough water to cover generously. Stir. Simmer one to two hours, adding water as the jerky takes it up. Allow chili to cool, and reheat before serving. If a thicker chili is preferred, add a little flour mixed to a paste with hot liquid from the pot and cook to desired consistency, stirring frequently. AUTHOR'S NOTE: Chances are no salt will be needed at all, since there will probably be enough in the jerky.

Marinated Spicy Jerky

8 lb Beef or caribou round or flank steak
6 tsp Salt
4 tsp each Pepper, Chili powder, Garlic powder, Onion powder
2 tsp Cayenne pepper
2 tsp Liquid smoke
1 c water
3/4 c Soy sauce
1/2 c Worcestershire sauce
Trim all fat off the meat and cut into 1/4" thick strips. Mix other ingredients together in a bowl. Add the meat and cover; marinate overnight. Remove from marinade and let dry on a rack. Line a cookie sheet with foil and arrange meat on it in a single layer. Dry for 6 or more hours at 175, turning after 3 hours. Cool and bag it.

Tofu Jerky

1/2 c Soy sauce
3 tbl To 4 tbl liquid smoke
1/8 c Water
1 tbl Onion powder
1 tsp Garlic powder or
1 Clove crushed fresh garlic
1 tbl Fresh ground black pepper
1 tsp Honey
1 lb Firm or extra firm tofu
Cut and drain the tofu. I usually take a 1 lb cube, cut it in half, and then slice it into strips on its short side. Strips should be about 4-5 mm in thickness. They may look big, but they'll shrink to about half their size. Mix all the marinade ingredients together well. Put the tofu in a single layer in a shallow baking pan or cookie sheet and pour the marinade over it. Let soak for several hours or overnight. Drain excess liquid (and reuse!) and dry tofu in food dehydrator or warm (200 F) oven. This will take probably 4 - 8 hours, depending on weather. If you live in a sunny, dry climate (Colorado in the summer), you can sun dry it, it'll take all day. If you dry indoors in the winter, your house gets filled with a wonderful smoky smell. If you're drying in the oven, you'll need to flip the tofu over hourly so it dries evenly. The stuff is delicious and keeps indefinitely. Dry the stuff until it's very chewy, but not crispy. Be creative: use low-sodium soy if you want less salt (it is rather salty) Use Tabasco or ground cayenne if you want it hot. Chili powder makes chili jerky. Oregano and basil makes pizza jerky.

Hawaiian Jerky

1 lb Lean meat, thinly sliced
1 tsp Salt
1 tsp Ground ginger
1 tbl Brown sugar
1/4 tsp Pepper
1/8 tsp Cayenne pepper
1 Crushed garlic clove
1/4 c Pineapple juice
1/4 c Soy sauce

General jerky method: All recipes use 1 lb lean meat, thinly sliced (3/16-1/4 in thick). In a small glass bowl, combine all ingredients except meat. Stir to mix well. Place meat 3-4 layers deep in a container, spooning sauce mixture over each layer. Cover tightly and marinate 6-12 hours in the 'fridge, stirring occasionally and keeping the mixture covered; layout on trays, 24 to 36 hours in dehydrator. I used a couple of cans of pineapple chunks with the juice in the marinated; just dehydrated them with the meat.

Marinated Spicy Jerky - Thai Style

8 lb Beef or caribou round or flank steak

Stock:

1 c Beef stock

4 tbl Fresh lime juice

4 tbl Nam pla (fish sauce)

4 tsp Sugar

1/2 c loosely packed mint leaves*

1/2 c thinly sliced shallots

4 Scallions, sliced in half lengthwise and cut into 1/4" lengths

2 Bird or other fresh hot chillies, seeded & finely chopped

Marinade:

Stock [above] plus

4 tsp Pepper

1 tsp Cayenne pepper [optional]

4 tsp Liquid smoke

1/2 c Soy sauce

*You might want to add some basil leaves or cilantro sprigs here.

Trim all fat off the meat and cut against the grain into 1/4" thick strips. [Meat is easier to cut when partially frozen and it will cut evenly]. In a saucepan, combine beef stock, lime juice, fish sauce, and sugar; bring to a boil over high heat. Add mint, shallots, scallions and chillies. Cool and strain. Mix the stock and the other ingredients together in a bowl. Add the meat and cover; marinate overnight. Or put meat and marinade in a sealable plastic bag. Either way, turn the meat occasionally to ensure that all portions get well soaked in the marinade. Remove from marinade and let dry on a rack. Line a cookie sheet with foil and arrange meat on it in a single layer. Or place meat directly on oven racks, line bottom of oven with foil. Or on rack in shallow pan dry for 6 or more hours at 175, turning after 3 hours. Continue to dry in warm oven if necessary. Gas ovens with pilot lights work especially well. Cool and bag it.

Chinese Jerky

3 lb Steak

3 Garlic cloves, minced

1 tbl Ginger, fresh, minced

2 tbl Sesame oil

1/2 c Soy sauce

2 tsp Red peppers, dried, crushed

1 tbl Honey

1/2 tsp White pepper

4 tbl Dry Sherry

Cut meat diagonally crosswise into 1/4" thick, 2" wide strips. Trim away any fat or gristle. Transfer to a non-metallic pan. Add the other ingredients and marinate 24 hours. Arrange meat on racks and let dry at cool room temperature overnight (do not refrigerate). Preheat oven to 225. Line two large baking sheets with foil and set wire racks on top. Arrange the meat on racks in single layer. Bake 15 minutes. Reduce heat to 175 F and continue drying meat another 4 hrs or more. Leave meat on racks to cool and continue drying for several hours before bagging it.

Brined Jerky

5 lb Lean meat

1 c Curing salt

1/2 c Brown sugar or molasses

1 tsp Liquid garlic

4 tbl Black pepper

2 qt Water

Remove all fat and membrane from the meat. Combine the rest of the ingredients. Soak the meat in the solution (brining the meat) for 8 to 10 hours. Remove meat and rinse thoroughly and pat dry with paper towels to remove excess moisture. Let stand to air-dry for an hour or so. Then rub in the seasonings of your choice, such as onion salt, garlic salt, pepper or a prepared seasoning mix from the spice department at the market. Smoke meat for 8 to 12 hours or until ready. Test the meat by twisting a strip of meat. It should be flexible but stiff like a piece of rope. Remove and let stand until cool.

Home Style

1 lb Round steak cut in strips 4"x1/8 " thick
1/4 c Soy sauce
1 tbl Worcestershire sauce
1/2 tsp Onion powder
1/2 tsp Garlic powder
1/2 tsp Black pepper
3/4 tsp Hot sauce
1/2 tsp Hickory salt

Slice round steak, cut in strips about 4 in. long and 1/8 in. thick. (The slicing is easier if the steak is partially frozen.) Combine all the ingredients and marinate in the fridge for at least 8 hrs, mixing occasionally. Then skewer the marinated strips on bamboo skewers or toothpicks and hang the strips in the oven with a pan below to catch the drippings. Set the oven on its lowest setting (100-150 F) and use something to keep the door ajar. The jerky should be dry after 8-10 hours. This was my first time making jerky and the product come out surprisingly good, but perhaps a bit too salty. You might want to try low salt soy.

Beef or Venison Jerky

8 lb Venison/beef roast
1 tbl Salt
1/4 tsp Black pepper
1 tsp White pepper
1/2 tsp Red pepper
1 tsp Meat tenderizer
2 tbl Seasoned salt
2 tsp Accent
1 tsp Garlic powder
1 tbl Kitchen bouquet
2 tbl Morton tender quick
1/3 c Worcestershire sauce
1/3 c Soy sauce
1/3 c Barbecue sauce
1/3 c Liquid smoke

Cut meat in thin slices. Meat is easier to cut when partially frozen and it will cut evenly. Combine salt, peppers, meat tenderizers, seasoned salt, accent, garlic and onion powders, kitchen bouquet, Morton's tender quick, Worcestershire sauce, soy sauce, barbecue sauce and liquid smoke. Marinate meat in sauce for 24 hours in a sealable plastic bag. Place meat directly on oven racks, line bottom of oven with foil, or on rack in shallow pan and dry in oven for 6-8 hours on lowest setting. Continue to dry in warm oven if necessary. Oven's with pilot lights work especially well.

Jerky

Meat (beef, deer, etc.)
Soy Sauce
Brown Sugar
Cooking Oil
2 tbl Coarsely ground black pepper
2 tbl Garlic powder
2 tbl Lawry's Seasoned Salt
2 tbl Chili powder

Cut meat into 1 1/2 by 1/4 by 5 inch strips. Soak meat in a mixture of Soy sauce, 1 T. brown sugar and 1 T. oil for 2 to 4 hours; pat dry. Mix seasonings well and place in a clean shaker. Using a foil-covered cookie sheet, place meat (1 layer) and sprinkle mix over it to taste. Fold foil edges up to keep in mixture. Dry at 140 to 180 degrees for 5 to 8 hours. Keep in open container at room temperature. Do NOT refrigerate.

Microwave Beef Jerky

1 lb. flank steak

2 tbl soy sauce

1/4 tsp. ground red pepper

1 tbl seasoned salt

2 tbl Wright's Natural Hickory seasoning

Trim meat of all visible fat. Slice beef across grain into 1/8 inch strips; place in nonmetal dish. Blend remaining ingredients; pour over meat, stirring to coat well. Cover and chill at least 8 hours. Arrange a third of the meat strips on microwave-safe rack or paper-towel-lined microwave-safe plate. Cover with paper towel. Microwave at HIGH 5 minutes; turn over strips. Microwave 3-3 1/2 more minutes or until meat is well cooked and firm, but not crisp. Repeat with remaining strips. Cool completely. Cover and store in refrigerator for up to 1 week. Watch the last few minutes.

Jerky Stew

1 lb Jerky, beef or buffalo

1 c whole dried hominy, soaked overnight in ample water

1 lg. Yellow onion, peeled/chopped

1 lb Potatoes*, unpeeled/diced

Salt and pepper to taste

*Native Americans would have used prairie potatoes --arrowhead (*Sagittaria latifolia*).

Break the jerky up into 1-inch pieces and place in a heavy, lidded kettle. Drain the hominy and add to the jerky, along with the onion. Cover with water and bring to a boil. Simmer, covered, until the hominy is tender, about 2 hours. You will have to watch this closely, as more water will have to be added as you go along. Add the potatoes and cook for an additional 20 minutes; season with salt and pepper.

OUTDOOR COOKBOOK: Further Reading

Backpack Cookery, Ruth Dyar Mendenhall
Backpacker's Companion (The), Jean S. Spangenberg
Camp & Trail Cooking Techniques, Jim Capossela
Camp Cookery for Small Groups, Arthur J. Walrath
Camping's Forgotten Skills, Cliff Jacobson
Complete Walker III (The), Colin Fletcher
Cooking the Dutch Oven Way: Expanded 2nd Edition, ICS Books
Cooking the One-Burner Way, Melissa Gray and Buck Tilton
Foraging Gourmet (The), Katie Letcher Lyle
Good Food for Camp & Trail, Dorcas S. Miller
Gorp, Glop & Glue Stew, Yvonne Prater and Ruth Dyar Mendenhall
Lipsmackin' Backpackin', Tim and Christine Conners
NOLS Cookery (The), Richard, Sukey
One Pan Gourmet (The), Don Jacobson
One-Burner Gourmet (The), Harriet Barker
Range Riders Cookin', Bob Kerby
Roughing it Easy, Dian Thomas
Simple Food for the Pack, Claudia Axcell
Spicy Camp Cookbook (The), Timothy M. O'Keefe
Supermarket Backpacker, Harriet Barker
Trail Foods: Easy, Healthy and Delicious, Carolyn Gunn
Trailside's Trail Food, John Viehman
Well-Fed Backpacker (The), June Fleming
Wilderness Ranger Cookbook, Valerie Brunell and Ralph Swan