

Smoked Salt Mustard Maple Jerky Recipe

By Tammy Kimbler

Ingredients:

1.5 lbs. grass-fed or lean beef (like round or sirloin)
1 tbs smoked salt
3 tbs grainy mustard (I used my [Stout Beer Mustard](#))
3 tbs dark maple syrup
1 tsp freshly ground black pepper

Instructions:

Remove all visible fat and connective tissue. The fat will go rancid if left on the meat.

Cut the meat into 1/4-inch-thick strips. I made mine about 4 inches long, 1 inch wide. They shrink as they dry. The length was purely based on the cut of beef. If you cut with the grain you'll have chewier strips, cut across the grain will be easier to chew.

Add all the marinade ingredients to a bowl, mix, then add the beef. Using your fingers, work the marinade throughout the meat. Marinate overnight in the refrigerator.

Lay the strips on drying mat for the dehydrator, or on a rack set over a cookie sheet for the oven.

Set your dehydrator for 90 degrees. If using the oven, set it on the lowest temp. Leave the door open if the temp is high.

Dehydrate the beef until it is dry and stiff. Mine took about 10 hours over night.

Store in an air tight jar on the shelf for one month, or in the refrigerator or freezer for even longer storage.

Makes 2 quarts.