JERKY INSTRUCTIONS

A LITTLE ABOUT JERKY BEFORE YOU BEGIN
Early day pioneers didn’t know the jerky they made with lean meat was a healthy, high energy food. Jerky is still a wholesome and nutritious snack choice for us today. Make your own jerky all year round for a low fat, protein packed snack anytime.

Jerky is fun, economical, easy to make and our cure and seasoning are the finest. After making a batch or two, experiment and have fun. Meat that has been in the freezer for a while makes excellent jerky. Cut a roast into 1” squares and make jerky nuggets. The kids will love them!

IMPORTANT! READ CAREFULLY! TIPS FOR MAKING GREAT JERKY
1. Mixing the Cure and Seasoning exactly and correctly is important! Always loosen cure and seasoning before measuring, use standard measuring spoons, scraping off with a table knife to leave level full—DO NOT COMPACT.
2. Weigh the meat after it’s trimmed and sliced.
3. After seasoning, refrigerate for 24 hours wrapped in plastic or in a zip lock bag.
4. Smoke according to instructions. Overcooking/oversmoking will give an “off” taste & can make jerky tough. Lightly coat racks with cooking oil to prevent sticking.
5. After smoking/cooking and before storing, always pat dry excess grease. Place finished jerky directly in a zip lock bag. The condensation adds to the flavor.
6. If your smoker will not reach the temperature you desire—smoke for flavor, finish in the oven. MEAT MUST REACH AN INTERNAL TEMPERATURE OF 165°F TO BE SAFE.
7. After cooking, ALWAYS KEEP YOUR JERKY FROZEN OR REFRIGERATED.

MAKING JERKY FROM WHOLE MUSCLE MEAT
(BEFORE, GAME, TURKEY, GOOSE, DUCK)
Although many types of meat can be used, we recommend making the first batch out of sliced whole muscle (round or flank steaks—beef or wild game is preferred). Slice the whole muscle 1/4” thick, with the grain. SLICING IS MADE SUPER EASY WITH THE HI MOUNTAIN JERKY BOARD AND KNIFE SET.
1. Cut the meat into strips of desired lengths and widths, always allowing for shrinkage. Weigh the meat AFTER cutting into strips. Now you know the exact amount of mix to use.
2. Mix the spices and cure according to the mixing chart below. Mix only the amount you need. Be sure to store the remaining unmixed spices and cure in an air-tight container until needed.
   Note: We use pure spices, leaving the natural oils intact which can cause caking. Simply put in your food processor or coffee grinder to break up.
3. Lay the strips flat on an even surface. Pat dry.
4. Apply the mixed spices and cure to the prepared meat using the enclosed handy sprinkler bottle.
5. Sprinkle the first side of meat with approximately 1/2 of the mixture. Turn the meat over and sprinkle the remaining mixture on the meat. Next, put seasoned strips in a large mixing bowl and tumble by hand until the mixture has been spread evenly on all sides of the meat.
6. Stack the strips, pressed together tightly, in a NON-METALLIC container or a zip lock bag and refrigerate for at least 24 hours. HI MOUNTAIN JERKY CURE AND SEASONING IS SPECIALLY FORMULATED TO PERMEATE MEAT AT THE RATE OF 1/4” PER 24 HOURS. IF THICKER PIECES OF MEAT ARE USED, INCREASE CURING TIME ACCORDINGLY—for instance, cure 3/8” strips approx. 28 hours.

NOW YOU ARE READY TO COOK/SMOKE YOUR FIRST BATCH OF JERKY.
7. IF USING AN OVEN: Place foil or pan on bottom of oven to catch drippings. Lay the strips on the oven racks, making sure there is air between each piece (our Jerky Screens are perfect here, we suggest spraying with nonstick cooking spray). Place in oven for 1 to 1 1/4 hours at 200°F with the oven door open just a crack. Taste the jerky frequently. When the jerky is cooked to your liking, stop cooking.
Jerky does not have to be so dry you can't chew it like commercially made jerky. Remember, taste often while cooking or smoking.

8. **IF USING A SMOKEHOUSE/SMOKER:** All smokers are different. The location, temperature, wind & heat source can effect the smoker. This is where you need to experiment. We recommend smoking the jerky at 200° F. for 1 1/2 to 2 hours with smoke on; however, if your smoker will not reach 200° F, leave the meat in longer—but do not leave smoke on for more than 3 hours until you have tasted it.

**DO NOT OVER COOK—DO NOT OVER SMOKE!**

9. **IF USING A DEHYDRATOR:** Follow your dehydrator instructions, remember meat must reach an internal temperature of 165° F to be safe.

### MIXING CHART FOR WHOLE MUSCLE MEAT
**WILL CURE AND SEASON 15 POUNDS OF WHOLE MUSCLE MEAT**
- Always use standard measuring spoons. Level seasoning & cure with a knife.
- Measure the spices and cure accurately.

<table>
<thead>
<tr>
<th>Pounds of Whole Muscle Meat</th>
<th>Hi Mountain Jerky Seasoning (Darker Colored)</th>
<th>Hi Mountain Jerky CURE (Cream Colored)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Small Pouch</td>
<td>Large Pouch</td>
</tr>
<tr>
<td>1 lb.</td>
<td>1 1/2 teaspoons</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>2 lbs.</td>
<td>1 tablespoon</td>
<td>1 tablespoon &amp; 1 teaspoon</td>
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<tr>
<td>3 lbs.</td>
<td>1 tablespoon &amp; 1 1/2 teaspoons</td>
<td>2 tablespoons</td>
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<tr>
<td>4 lbs.</td>
<td>2 tablespoons</td>
<td>2 tablespoons &amp; 2 teaspoons</td>
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</tbody>
</table>

### MAKE JERKY/MEAT SNACKS FROM ALL GROUND MEAT
This cure and seasoning is excellent for use with extra lean ground meat.

1. Make 1 to 3 lbs. at a time. We suggest you start with a small batch at first.
2. Mix cure and seasoning according to the chart below.
3. Add up to 1/4 cup ice water per lb. of meat. Mix meat, water and seasoning thoroughly for approximately 5 minutes, or until sticky (reduces shrinkage).
4. After mixing, wrap in plastic and refrigerate for at least 4 hours or overnight.
5. After removing from the refrigerator, lay the seasoned meat between 2 large sheets of wax paper. Roll meat with a rolling pin into a large rectangular patty approx. 1/4" thick.
6. Cut into strips 1" wide or wider with a wet table knife. Remove from wax paper and place in oven (smoker or dehydrator) on top rack at 200° F. for 1 hr. 20 min. or more if you like a dryer product.

When making jerky with ground meat, Hi Mountain's Jerky Master, pictured on reverse side is an excellent tool, while the jerky screen is a must.

_You can add in flavors, such as garlic, pepper, onion, jalapeño or any other powdered spice to our seasoning and personalize your jerky!_

### MIXING CHART FOR GROUND MEAT JERKY & SNACKIN’ STICKS
**WILL CURE AND SEASON UP TO 10 POUNDS OF GROUND MEAT**
- Always use standard measuring spoons. Level seasoning & cure with a knife.
- More seasoning is required than for whole muscle meats.
- Remember, for best results, measure the spices and cure accurately.

<table>
<thead>
<tr>
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