

## Beef Jerky Marinade

Flank Steak - 1/2 Inch Cut or Top Round - Cut Across the Grain - 1/4 to 3/8 inch Cut

### Ingredients

2 pounds beef round steak, cut into thin strips	4lbs
1/4 cup soy sauce <b>Kikkoman Soy Sauce</b>	1/2 Cup
2 tablespoons Worcestershire sauce	4 tbls
2 tablespoons liquid smoke	4 tbls
2 tablespoons brown sugar	4 tbls
2 teaspoons salt	4 tsp
1 teaspoon ground black pepper	2 tsp
1 teaspoon meat tenderizer	2 tsp
1 teaspoon garlic powder	2 tsp
1 teaspoon onion powder	2 tsp
1 teaspoon paprika	2 tsp

I half the amount of salt

To make it spicy, you can add 1 teaspoon of red pepper flakes

- 1 Thoroughly mix ingredients in a separate bowl. Place meat in another bowl. Pour ingredients over the meat. Cover and place in refrigerator over night.  
I found the marinade covers the beef better in a large zip lock baggie.

- 2 For Oven: Pre heat oven to 285 degrees. I use a broiler pan. Add enough water in the broiler to completely cover the entire bottom. Using the broiler allows the heat to circulate under and around the meat, and the drippings will collect in the water for easy cleaning.

---- 1/4 to 3/8 inch cuts take 20 minutes for medium to well done  
---- 1/2 Inch cuts take 40 minutes for medium rare

I always turn the meat over half way thru the time for baking.

---- 20 Minutes: 10 minutes for each side of the meat.  
---- 40 Minutes: 20 minutes for each side of the meat.

When you turn the meat over, check it for your desired level of texture and color...doneness

- 3 For Dehydrator: Arrange meat on the trays, and dehydrate at highest level. For 1/4 to 3/8 inch cuts at least 4 hours, longer for thicker cuts, until you like what you have.

