

# GROUND MEAT JERKY STICKS

## Marinade Cure Ingredients for every 2 lbs. of ground meat:

- 4 tablespoons soy sauce or coconut aminos
- 4 tablespoons Worcestershire sauce
- 3 teaspoons liquid smoke
- 4 teaspoons ground black pepper
- 4 tablespoons sugar
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons ground mustard
- 1 teaspoon canning salt
- 1 teaspoon ground coriander
- 1/2 teaspoon cayenne pepper (adjust to spice preference)
- 1/2 teaspoon pink curing salt



## Instructions:

1. Mix together the marinade cure ingredients in a large bowl.
2. Combine the marinade with the ground meat. The best way to do this is to use gloved hands or a meat mixer.
3. Cover the bowl and place the meat mixture in the refrigerator to chill for a minimum of 4 hours. Overnight is best.
4. Remove the mixture from the refrigerator and load it into your jerky gun. Squeeze individual strips onto your dehydrator trays, leaving a gap to allow for airflow.
5. Set your dehydrator to 160 F, and dehydrate for 4-6 hours. If you don't have a dehydrator this can be done in an oven on cooling racks or something that allows airflow. Mine only gets down to 170 F, so I would expect it to be done a little faster than in a dehydrator.
6. To tell if the jerky is done, bend in half. If it bends and then breaks, it is done. If it breaks right away, it is too dry. If it doesn't break at all, it is not done. You should also make sure the internal temperature reaches a safe temperature for your type of meat.
7. Store in an airtight container and refrigerate. Freeze for long-term storage.