



SANDY LEAF  
— farm —

# « JERKY »

*Making Instructions*





# LET THE FUN BEGIN

—  
Make your own jerky easily and quickly  
at home



At Sandy Leaf Farm we want making your own amazing food and drinks at home to be easy and enjoyable. We've written this guide book to allow you to make your own delicious jerky at home in just a few hours.

We hope you enjoy making your jerky as much as we enjoyed developing the recipes. If you ever need any help we're just a message away via our help center on our website.

Thank you,

Ben and The Sandy Leaf Farm Team



# JERKY

---

Jerky, or variations on it, has been produced for thousands of years by humans wanting to preserve meat. The meat is preserved by being slowly dried and slightly salted. The term “jerky” comes from the Quechua word ch'arki which means “dried, salted meat”. While Jerky has traditionally been popular in the United States, Mexico and Canada, it is growing in popularity in Europe. It is also closely related to the South African snack Biltong (which we also have a kit to make using authentic South African Spices).

Jerky can be made from a wide variety of meats, not just beef. Meats with strong flavours work particularly well such as deer, kudu, springbok or kangaroo. More recently there have been attempts to make jerky snacks from tuna, crocodile and even earthworms!

The way jerky is made using this kit is essentially the same as how all jerky is produced. On an industrial scale the meat is dried in large chambers that heat it slowly, usually under 70°C, while extracting moisture with fans. This kit simplifies the process somewhat by using a normal oven at a slightly higher temperature. We also avoid including any nasty preservatives in the seasoning blend, as much commercially made jerky contains nitrites.

## FEEL LIKE SHARING?

Tag your photos on Instagram using  
[#sandyleaffarm](#)



## THE RECIPE

---

Jerky is pretty great right? We definitely think so. With this kit you'll be able to make two 500g batches of your own home-made beef jerky. All you need is access to an oven for a few hours, so you'll be snacking away in no time!

This kit is designed to teach you the basics and provide your first ingredients. If you want to make more we recommend experimenting with different combinations of seasonings and cuts of meat yourself, it's hard to go wrong if you use this recipe.

### BUYING YOUR BEEF

To make your jerky you'll need 500g of lean beef, the leaner the better. We have had amazing results in the past using everything from brisket, your usual cheap roasting joint or thin cut frying steak.

### USING THE SEASONING

To make traditional BBQ jerky you should use  $\frac{1}{2}$  of the sachet of jerky seasoning supplied in the kit. To make spicy jerky just use  $\frac{1}{2}$  a sachet of jerky seasoning as well as all of the chilli garlic spice.

### 8 STEPS TO JERKY NIRVANA

1. Trim any fat from your meat. Fat in lots of things is nice, but in your Jerky we promise it really isn't, so be sure to work carefully and remove all the fat that you can.
2. Cut the meat into long thin slices. They should be about 0.5cm thick. We need the meat to be thin so that it will dry out quickly and evenly in the oven.

3. Add the meat and your chosen seasoning into the marinating bag, mix and refrigerate for 3-4 hours (if you can leave overnight, even better!). During this time the flavours will blend together.
4. Wearing the gloves provided, thread one end of the meat slices onto the skewers so that the meat strips are hanging down from the skewer.
5. Place skewers over the top shelf of your oven with the meat hanging through the gaps, being sure to place a tray underneath to collect any juices.
6. Cook at 80°C for 3 hours, or until the beef has completely dried out. Open the oven every hour to let any moisture escape.
7. Once the jerky has fully dried out, remove the strips from the skewers and enjoy. You can eat it right away or leave it to cool (if you have enough self control!).
8. We recommend storing your jerky in the fridge, where it will last for up a week. We also love to put our finished jerky into a mason jar and bring to a party as a fun alternative to a bottle of wine or chocolates!





## HINTS & TIPS

---

### Oven doesn't go low enough?

If you have a gas oven which uses gas marks, or if your oven doesn't go low enough, that's not a problem! Just follow the steps below:

1. Turn the oven as low as it will go, but make sure that it actually is on and heating up
2. Hang a tea towel over the door of the oven so that it keeps closed but doesn't shut completely. The gap around the oven door will keep the temperature down and will help any moisture to escape.
3. Wait until the Jerky is done, but it may take closer to 2 hours as the oven is slightly higher so keep an eye on it.

### Want to make more?

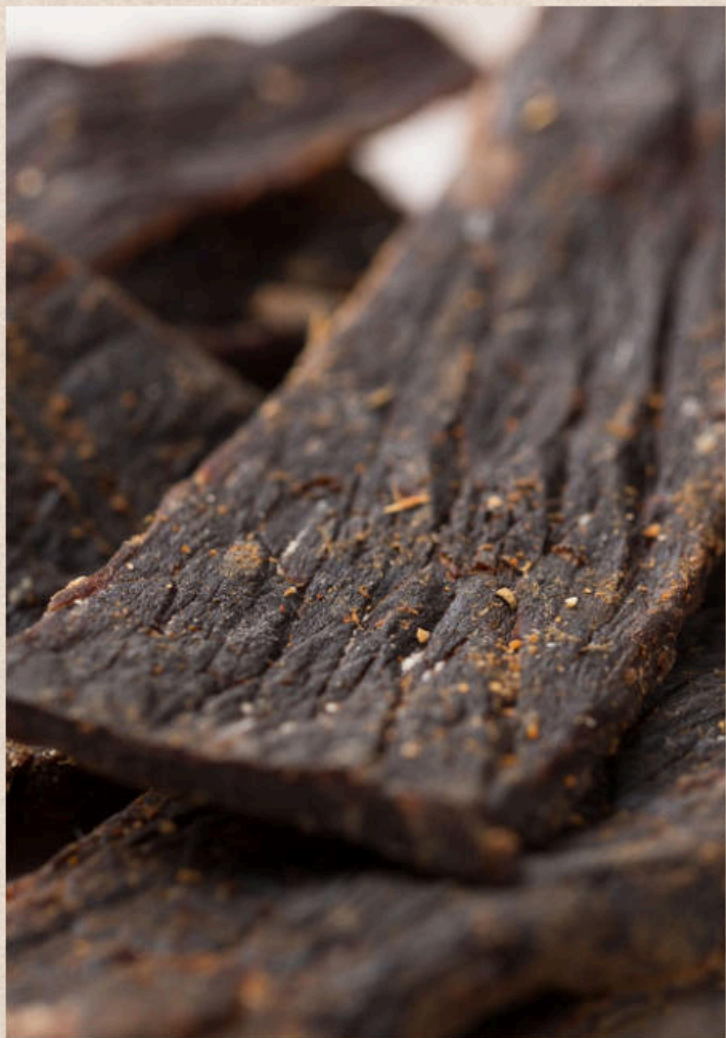
If you love your jerky making experience, why not experiment and make your own seasoning blend? There are loads of recipes if you search online, and you can tailor the flavours to your own taste. We recommend including at least garlic powder, onion powder, smoked paprika, chilli powder, salt and cumin powder.

## SHARE YOUR JERKY

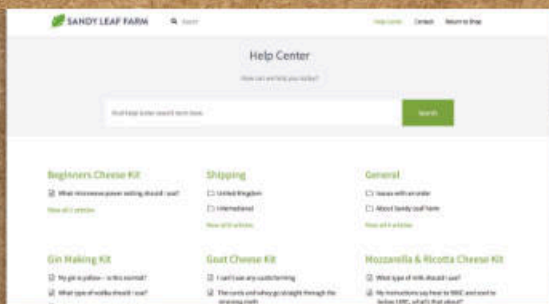
---



INSTAGRAM USING  
#SANDYLEAFFARM



# NEED SOME HELP?



We have recipe ideas, answers to commonly asked questions and much more on our new help center at [www.sandyleaffarm.com](http://www.sandyleaffarm.com)

## SHARE YOUR JERKY



*Tag your photos on Instagram  
#sandyleaffarm*



*Follow us on Facebook  
[facebook.com/sandyleaffarm](https://facebook.com/sandyleaffarm)*

Copyright © SL Farm Ltd

All rights reserved. No part of this publication or the included recipes may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.