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RACKS Recipes: Fowl

Turkey Jerky

White meat of turkey or chicken

1/4 c. soy sauce

1 tbsp. Worcestershire

1/4 tsp. each pepper and garlic powder

1/2 tsp. onion powder

1 tsp. hickory smoke-flavoured salt or liquid smoke

Trim and discard all fat from meat (it becomes rancid quickly). Cut meat in 1/8 to 1/4 inch thick slices (with or across the grain, as you wish). If necessary, cut large slices to make strips about 1 1/2 inches wide and as long as possible.

In a bowl, combine the soy sauce, Worcestershire, pepper, garlic powder and smoke-flavoured salt. Stir until seasonings are dissolved. Add meat strips and mix to thoroughly coat all surfaces. (Meat will absorb most of the liquid.) Let stand 1 hour or cover and refrigerate overnight.

Shaking off any excess liquid, arrange strips of meat closer together but not overlapping, directly on the oven racks or on cake racks set in shallow, rimmed baking pans.

Dry meat at lowest possible oven temperature (150 to 200 degrees) until it has turned brown, feels hard, and is dry to the touch (about 5 hours for chicken and turkey). Pat off any beads of oil. Let cool, then remove from racks and store airtight in plastic bags or in a jar with a tight-fitting lid.

Keep at cool room temperature or in the refrigerator until ready to use; it keeps indefinitely. But is so good doesn't last long. Makes about 1/2 pound.