

RECIPE

Sugar-Free Curry Jerky



Ready in **30 hours**

Yields **6 oz**

Ingredients

- 1 pound of lean beef
- 1 Tbsp Sun Brand Madras Curry Powder
- 1Tbsp Dr. Braggs Liquid Aminos
- 1 tsp fresh minced garlic
- ½ tsp Baja Gold Sea Salt
- ½ tsp toasted sesame oil
- ½ tsp turmeric
- ¼ tsp cayenne pepper
- ¼ tsp cumin

Preparation

1. Clean fat and connective tissue from the cut of beef
2. Slice into manageable pieces that compliment the grain. This will make it easier to cut against the grain for the jerky creating 3-4 inch strips of beef
3. Cut ¼-inch thick strips from the manageable pieces
4. Gather the remaining ingredients and measure
5. Combine all ingredients thoroughly in a spacious bowl and cover
6. Place in the refrigerator for 12-24 hours.
7. Remove from the fridge and mix thoroughly
8. Place in a dehydrator for 4-8 hours. **Do not check until 4 hours**
9. After 4 hours begin to check if the jerky is dry enough. You will know it is done when its grain pulls apart when bent in half but doesn't snap. " if it is too dry it will be ok but a bit harder to chew
10. Cool & enjoy!