

## ★ STEP 1 - The Prep Work ★

Lean meat makes the best jerky. Wild game is lean by nature, but you'll want to take the time to trim out any silver skin, tendons or other connective tissue. This makes a big difference in the end product. Ideally, we recommend using 90% lean meat, but we've experimented with meat down to 80% lean for ground and formed jerky, getting the meat to bind can be a bit more tricky; adding some crushed ice helps. Wild game fat generally DOES NOT taste good. If you desire a higher fat content in ground product, we strongly recommend getting the fat content from Beef or Pork. Most importantly, get the meat into 5 lb batches of well trimmed meat before starting.

## ★ STEP 2 - Slicing or Grinding ★



Once the meat is thoroughly trimmed, it can be sliced or ground. Our advice is to plan on doing both but take the time to thoroughly chill the meat first. Do the slicing first and any pieces that are too small to become slab jerky can be added to the "grind" pile. When slicing, it's not tricky. Keep the slices to 3/8" or thinner and be consistent! Consistency in thickness is important when drying the jerky. The more consistently you slice the meat, the more consistent the end product will be. We prefer to slice across the grain, but others prefer to slice with the grain. Try some both ways to figure out what you like best. Cross grain is generally more tender. For the best ground and formed jerky, we recommend grinding twice, first with the coarse plate, then the second time with the fine plate. Once completed, the meat is ready to be seasoned. It is important to start with well chilled meat and grinder head.

## ★ STEP 3 - Cure and Seasoning ★

Cold water is a key ingredient in making all types of jerky and sausage. We like to start with 1 Cup of very cold water per 5 pounds of meat and dissolve a 1 oz cure packet into the water. When the cure is thoroughly dissolved, then add 1 2oz packet of seasoning. This is a 2.5% ratio.



If you prefer to add additional seasoning, now is the time. We've included a seasoning rate chart below as the way people prefer to season jerky has proven to be VERY SUBJECTIVE. To that end, we now offer "bulk" seasoning that may be used in conjunction with our Lucky Jerky DIY Kits OR Lucky Jerky Bulk Cure.

SEASONING RATES

Meat Block (raw weight)	2.5%	5%	7.5%	10%
5lb	2oz	4oz	6oz	8oz
10lb	4oz	8oz	12oz	16oz
15lb	6oz	12oz	18oz	24oz
20lb	8oz	16oz	24oz	32oz
25lb	10oz	20oz	30oz	40oz

### Seasoning Rates Explained

Lucky Jerky DIY Kits seasoning rate is 2.5% which we have found to be enjoyable for MOST PEOPLE.

Seasoning rates of up to 5% is fairly common in commercial jerky and is at the upper end of what we use for any of our "Lucky Beef Jerky" products.

We have experimented with seasoning rates in the 7.5% to 10% range over the years, and they have always netted "overpowering" flavor profiles by most standards, but we have included them for folks looking for intensely flavored jerky.

Smoke flavor - if you wish to add smoke flavoring either add the manufacturer's recommended amount of liquid smoke when mixing the seasoning and cure. Alternately, smoke flavor can be added by cooking jerky in a smoker.

**CAUTION: There is Sodium Nitrite present in the Pink Salt cure. Sodium Nitrite is necessary to preserve the beef jerky and helps prevent illnesses like botulism. Follow the mixing instructions exactly, use caution when handling and keep out of reach of children.**

**Sliced Jerky (Slab Style)** - thoroughly mix the marinade with 5 pounds of sliced meat. Allow the meat and marinade to rest in the refrigerator 24 - 36 hours. Move the meat around in the bag every few hours to make sure the meat is all exposed to the marinade. This allows the cure to completely penetrate the meat and will improve shelf life after the jerky is cooked.

**Ground & Formed Jerky** - thoroughly mix the marinade with 5 pounds of ground meat until the mixture becomes very sticky. Once blended, use a jerky gun to extrude even strips of jerky onto a drying rack that has been treated with non-stick cooking spray or mineral oil. An alternative method is to place the mixture between two sheets of waxed paper on a cutting board and roll it into a sheet approximately 1/4" thick with a rolling pin. Remove the top sheet, then cut the meat and bottom sheet into strips and transfer them to a drying rack. Remove all waxed paper. Dry as instructed in step 4.

**Snack Sticks** - follow instructions for "ground and formed" jerky, but instead of extruding onto drying racks, use the jerky gun or stuffer to push the well mixed meat and marinade batter into a collagen casing - 19mm - 21mm casings work great - then either twist or cut the extruded sticks to the desired length and lay them out on a drying rack and cook.

## ★ STEP 4 - Cooking ★

Cooking can be accomplished using a number of methods. Smoking is a long time favorite method of preparing jerky, but be careful to not over-smoke the meat as this can leave it with an unpleasant flavor. Conventional ovens also work great. Set the smoker or the oven to 170° - 200° F and cook jerky for approximately 1.5 - 2 hours. (If using a conventional oven, leave the door cracked to promote airflow.) It is important for the internal temperature of the jerky to reach 165° F for at least 30 minutes. Once this has occurred, continue to dry the jerky to your taste. **If you use a dehydrator, follow the instructions provided with the dehydrator. USDA recommends that all meat products be cooked to an internal temp. of 165° F.**

## ★ STEP 5 - Storage ★



Remove the drying rack from the oven or smoker. Allow the jerky to cool to room temperature. Place jerky in air tight containers or heavy resealable, high barrier bags. For long term storage, we recommend storing jerky in the freezer. Once removed from the refrigerator, the jerky will keep for a few days. It should keep for up to 6 months in the freezer.

**Note:** Slab Style jerky stored in vacuum bags can be prone to puncturing bags, we've found inexpensive food storage containers to be a much better option for freezing slab jerky.



## Thank you for purchasing the Lucky® Beef Jerky Cure & Seasoning Kit

We've done our best to simplify the jerky making process. No troublesome measuring spoons or scales needed to measure out cure. Just simple packages designed to do 5 lb batches of meat. The flavors are the exact same as our "Lucky® Beef Jerky" products and have been optimized over thousands of production batches of jerky.

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PLEASE READ AND UNDERSTAND THE INSTRUCTIONS BEFORE DIVING IN.

### HELPFUL TOOLS & EQUIPMENT

- Cotton Gloves
- Nitrile Gloves
- Digital Scale with at least 5lb capacity
- Meat Grinder
- Sharp Knife
- Digital Thermometer
- Stackable Metal Cooking Racks
- Stand Mixer with Paddle
- Stuffer - Jerky Cannon, etc.
- Immersion Blender
- Stackable storage containers with lids
- Neutral flavor No Stick Spray or Mineral Oil in Spritzer Bottle



### TIPS & TRICKS

- Chilled meat (approx. 32° F - slightly frozen) is much easier to work with when slicing or grinding. Getting the grinder head and blades cold by placing them in the freezer before grinding is a great idea.
- Cold meat is hard on fingers – we recommend a pair of light cotton gloves UNDER a pair of nitrile gloves, it'll keep your fingers warm while you are working.
- Use a small blender to mix seasoning and cure into cold water.
- Get a digital cooking thermometer. Use to determine when jerky is cooked.
- Don't be afraid to add spices or flavors that you like to the kit.
- Rotate Racks while cooking to cook more evenly
- Test internal temperature on thickest piece of jerky
- If jerky gets too dry, place in the refrigerator while it is still warm, this will draw some moisture back into the jerky.
- Wet hands with ice cold water when handling meat/filling the stuffer. This will help prevent the meat from sticking to your hand.



QUESTIONS / COMMENTS  
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## JERKY CURE & SEASONING KIT

### INSTRUCTIONS FOR:

#### SLAB STYLE JERKY GROUND & FORMED JERKY SNACK STICKS

