

## HOW TO MAKE MUSCLE JERKY

**1. Cut** - Start with the leanest meat possible. Trim excess fat and partially freeze the meat for easier slicing. Cut along the grain into strips no more than  $\frac{3}{8}$ " thick.

**2. Mix** - Weigh the strips to determine how much seasoning and cure to use. Follow the MIXING chart below, using standard measuring spoons and a non-metallic bowl. Gently toss strips with mixture.

**3. Refrigerate** - Cover the bowl (or place strips in a sealable plastic bag) and refrigerate for at least 24 hours.

**4. Cook** - Use an oven, smoker, or dehydrator. See directions in HOW TO COOK section. Prepared jerky can be safely stored in refrigeration for up to 10 days. Prepared jerky, which will not be consumed immediately, should be placed in containers and frozen.

### WHOLE MUSCLE MIXING CHART

#### Mild Flavor Jerky

Jerky Flavor	Seasoning	Lbs. of Meat	Cure
Original	1 oz. pkg.	5 lbs.	1 oz. pkg.
Hickory	1 oz. pkg.	5 lbs.	1 oz. pkg.
Mesquite	1 oz. pkg.	5 lbs.	1 oz. pkg.
Whiskey Pepper	1 oz. pkg.	5 lbs.	1 oz. pkg.
Sweet BBQ	1 oz. pkg.	5 lbs.	1 oz. pkg.
Cajun	1 oz. pkg.	5 lbs.	1 oz. pkg.
Spicy Jalapeno	1 oz. pkg.	5 lbs.	1 oz. pkg.
Sweet Habanero	1 oz. pkg.	5 lbs.	1 oz. pkg.

#### Full Flavor Jerky

Jerky Flavor	Seasoning	Lbs. of Meat	Cure
Original	3 tsps.	1 lb.	1 level tsps.
Hickory	3 tsps.	1 lb.	1 level tsps.
Mesquite	4 tsps.	1 lb.	1 level tsps.
Whiskey Pepper	3 tsps.	1 lb.	1 level tsps.
Sweet BBQ	3 tsps.	1 lb.	1 level tsps.
Cajun	3 tsps.	1 lb.	1 level tsps.
Spicy Jalapeno	3 tsps.	1 lb.	1 level tsps.
Sweet Habanero	3 tsps.	1 lb.	1 level tsps.

## HOW TO MAKE GROUND MEAT JERKY

**1. Mix** - Use the leanest ground meat possible. To the meat, add seasoning, cure and water per the preferred flavoring chart. Mix in a non-metallic bowl for 5 minutes or until sticky.

**2. Refrigerate** - Cover bowl and refrigerate for at least 4 hours.

**3. Form** - Use the Eastman Outdoors® Jerky Gun to extrude meat into perfect strips or sticks. Without a gun, roll meat between two sheets of wax paper into a large rectangle  $\frac{1}{4}$ " thick. Cut into strips at least 1" wide with a wet paring knife.

**4. Cook** - Use an oven, smoker, or dehydrator. See directions in HOW TO COOK section. Prepared jerky can be safely stored in refrigeration for up to 10 days. Prepared jerky, which will not be consumed immediately, should be placed in containers and frozen.

### GROUND MEAT MIXING CHART

#### Mild Flavor Jerky

Jerky Flavor	Seasoning	Lbs. of Meat	Cure	Cold Water
Original	1 oz. pkg.	5 lbs.	1 oz. pkg.	1 cup
Hickory	1 oz. pkg.	5 lbs.	1 oz. pkg.	1 cup
Mesquite	1 oz. pkg.	5 lbs.	1 oz. pkg.	1 cup
Whiskey Pepper	1 oz. pkg.	5 lbs.	1 oz. pkg.	1 cup
Sweet BBQ	1 oz. pkg.	5 lbs.	1 oz. pkg.	1 cup
Cajun	1 oz. pkg.	5 lbs.	1 oz. pkg.	1 cup
Spicy Jalapeno	1 oz. pkg.	5 lbs.	1 oz. pkg.	1 cup
Sweet Habanero	1 oz. pkg.	5 lbs.	1 oz. pkg.	1 cup

\* Whiskey Pepper - for best results, add 1 tablespoon per lb. of your favorite whiskey.

## HOW TO MAKE FULL FLAVOR JERKY

Jerky Flavor	Seasoning	Lbs. of Meat	Cure	Cold Water
Original	3 tsps.	1 lb.	1 level tsps.	$\frac{1}{4}$ cup
Hickory	3 tsps.	1 lb.	1 level tsps.	$\frac{1}{4}$ cup
Mesquite	4½ tsps.	1 lb.	1 level tsps.	$\frac{1}{4}$ cup
Whiskey Pepper	3 tsps.	1 lb.	1 level tsps.	$\frac{1}{4}$ cup
Sweet BBQ	3 tsps.	1 lb.	1 level tsps.	$\frac{1}{4}$ cup
Cajun	3 tsps.	1 lb.	1 level tsps.	$\frac{1}{4}$ cup
Spicy Jalapeno	3 tsps.	1 lb.	1 level tsps.	$\frac{1}{4}$ cup
Sweet Habanero	3 tsps.	1 lb.	1 level tsps.	$\frac{1}{4}$ cup

## HOW TO COOK JERKY

**1. Oven** - Place pan or foil in bottom of oven to catch drippings. Spray Eastman Outdoors® Oven-Drying Racks lightly with cooking spray and space strips evenly on them. Place in oven for 1½ to 2 hours (whole muscle meat) and 1 hour, 20 minutes (ground meat) jerky at 200°F with the door open slightly. Turn the jerky periodically, but only after reaching the minimum temperature of 165°F for 30 minutes. When cooked to your liking, remove and store.

**2. Smoker** - Follow smoker instructions. A typical smoker takes 1-2 hours at 200°F. If yours will not reach this temperature, cook the jerky longer. Taste within 3 hours as too much smoke can produce a bitter flavor.

**3. Dehydrator** - Follow dehydrator instructions.

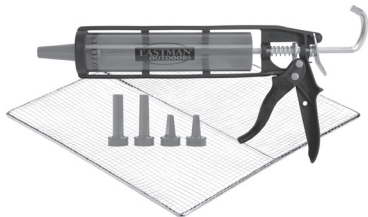
**CAUTION:** Your jerky needs to be heated to a minimum temperature of 165°F (74°C) for at least 30 minutes as a precaution against the risk of pathogens such as E. coli or salmonella. For further information, the USDA Fact Sheet is located at:

[www.fsis.usda.gov/factsheets/jerky\\_and\\_food\\_safety/index.asp](http://www.fsis.usda.gov/factsheets/jerky_and_food_safety/index.asp)

## LOOK FOR THESE GREAT PRODUCTS

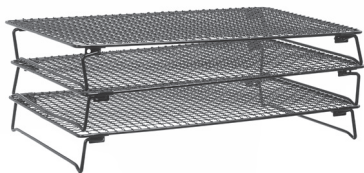
### Eastman Outdoors® Jerky Maker.

Everything to make jerky easily at home. Includes jerky gun, meat barrel, four nozzels and oven-drying rack.



### Eastman Outdoors® Oven-Drying Racks.

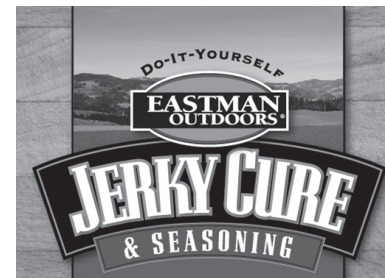
16.875" x 10.75" non-stick racks are perfectly-sized for jerky slices or strips.



## LOOK FOR THESE GREAT PRODUCTS

### Eastman Outdoors® Sausage Kits.

Make gourmet-quality sausage expertly at home. Contains the seasonings, cure and casings to create a wide variety of sausages. Just add your own beef, pork, poultry or wild game.



Eastman Outdoors® makes it easy to make Jerky.

## BEFORE YOU BEGIN

We suggest you make a batch following our proportions first. Then you can experiment with different amounts of seasoning to your taste.

When using wild game, freeze the meat for at least 60 days at 0°F (-18°C) before preparation as a precaution against parasites. To prevent cross-contamination, clean and disinfect all cooking surfaces and tools before and after use. See FDA safety measures at [www.foodsafety.gov](http://www.foodsafety.gov).

**IMPORTANT:** Nitrites are used in curing meats. We individually packaged the cure so it will not be confused with the seasoning. Do not eat cure before cooking. Keep out of the reach of children. When measuring, cure always use standard measuring spoons level full. Scrape excess cure from your measuring spoon to assure a level measurement.

Packaged exclusively for:

Eastman Outdoors®, 3476 Eastman Drive, Flushing, MI 48433  
[www.eastmanoutdoors.com](http://www.eastmanoutdoors.com), 800.241.4833 / 810.733.6360