

Beef Jerky-spicy

4 or 5 lbs of lean beef round and flank or good choices (I used eye of round for first try)

2 t black pepper

2 t chili powder

2 t garlic powder

2 t cayenne pepper

2 t onion powder

1 t liquid smoke

¼ cup GF Soy sauce

½ to 1 t salt per pound of meat

½ cup GF Worcestershire sauce

½ cup hot Chili sauce

Trim all fat off meat

Cut into ¼ inch strips or a little thinner. (It can be easier to cut if slightly frozen) . Mix sauce and pour in ziploc bag over meat pieces. Turn to coat well and refrigerate over night.

Place on drying racks, do not overlap have some space between strips. Dry for 4 to 15 hours at 155. My first batch took 6 hours. Remove from tray should crack when you bend but not break. Place on paper towels and cover with towels to absorb in oil while the jerky cools. Should last 3 to 4 weeks at room temperature can refrigerate or freeze for longer storage.

<http://www.lincolntent.com/GFCF-Beef.html>