

Indian Jerky

The Incas actually invented Jerky. It was a South American tribe; named Quechua (a tribe of the Inca empire) formulated the first beef jerky in the 1800's. It was called "ch' arki" and was made by drying strips of beef, salting them, and pounding the meat flat between two large stones.

The American Indians made a similar Jerky, they called pemmican from buffalo meat. They dried the meat, and then crushed it into a powder. They added wild cherries and hot fat. Thereafter, they placed this mixture in waterproof animal hides. This source of food would last them for their long hunts.

1 pound sirloin steak (lean, no visible fat)
1 Tb. Tomato sauce
1 Tb. of apple cider vinegar
¼ C. Worcestershire sauce
¼ C Low-salt soy sauce
1 Tea. Sugar
¼ Tea. Garlic powder
¼ Tea. Onion powder
1 Tea. Salt
¼ Tea. Cayenne powder (optional)

Place steak in freezer until firm enough to slice. Cut against the grain into very thin slice 1" inch wide strips. Arrange the strips in a large baking pan.

Mix the remaining ingredients in large bowl and mix thoroughly. Pour over meat and refrigerate/marinate for 10 hours. Remove strips from marinade and arrange on cake rack which is placed over a cookie sheet. Bake 140 degrees for about 15-20 hours until they are cooked and dried out. Cool and store the Jerky in a sealed container or plastic. Can store for 3-4 weeks.