



Drying is the oldest form of food preservation, and dried meat is the oldest form of dried food. Used by virtually every ancient culture dried meat was probably, like many of mankind's most useful discoveries, learned by accident.

Today we don't depend on jerky for survival as they did in the past but we still eat it for many of the same reasons.

- It tastes great.
- It is very filling and satisfying.
- It is extremely low in fat or sugar, so it makes an ideal healthy snack and diet food.
- It is lightweight and needs no special storage.

The one reason for eating jerky that I'm not sure the ancients were aware of though, and it's the one reason a lot of people eat it today. It goes really well with a beer.

### **Billabong Jerky Mix - The Process**

You will need –

- 300ml water
- Jerky Mix
- 4kg meat slice 4mm thick

- 1) Add 100ml of water to the dry mix and stir into a paste ... this is to smooth out any lumps. Add the rest of the water (200ml) and mix. You can experiment by substituting the water with your favourite beer, red wine etc.
- 2) Add 4kg of meat strips / slices and mix well. Make sure the mix coats all the sides of the meat. Leave to marinate overnight.
- 3) Lay the meat out evenly on the drying trays of your dehydrator and dry at 60°C. Check progress hourly and rotate the bottom tray to the top until it has reached the desired texture.
- 4) Open a cold beer and enjoy your jerky. Avoid your mates as they will only eat your jerky, leaving less for you!



Once you're confident in making your own jerky, experiment a bit ... try thicker meat strips, add other spices, different liquids or even drying time!

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