GLOBAL · SNACK

Salt and Pepper Beef Jerky (No Marinade)

150 min · plus 1 hour in the freezer | Makes 8 × about 30 g jerky | 118 kcal a portion

Video 12:34 · Hedgecomber

Carnivore | Paleo | Gluten-free ingredients | No dairy listed | No nuts listed

A 30 g handful gives about 16 g of protein for under 120 kcal, with no sugar or marinade, and is a good source of vitamin B12, selenium and zinc. It is salty, so count it in your day's salt.

Diet notes: Low carb (0.3 g net carbs) but not keto: 41% of the energy is from fat, and keto meals get about 60% or more.

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Ingredients 3 · MAKES 8 × ABOUT 30 G JERKY

- [ ] 600 g **lean beef** (topside or silverside), all fat trimmed off
- [ ] 2 tsp **fine salt**
- [ ] 1 tbsp **freshly ground black pepper**

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Put the 600 g piece of lean topside or silverside in the freezer for about an hour so it firms up and is easy to slice.
2. Trim off every bit of visible fat (it turns rancid), then slice the beef as thinly and evenly as you can, cutting across the grain so the jerky is tender rather than chewy. 0:36
3. Lay the slices flat on dehydrator trays (or oven racks) so they don't touch or overlap; put tiny scraps on a fine mesh so they don't fall through. 6:36
4. Mix the 2 tsp salt with the 1 tbsp pepper and shake it evenly over the meat through a sieve. Alternatively, toss the slices with the seasoning in a large zip-lock bag. 8:05
5. Dry on the dehydrator's highest (meat) setting, about 68°C, for 2 hours or more, checking every 30 minutes and taking out pieces as they finish. It's ready when dry and leathery but still bendy. 9:27
6. Cool completely, then keep in a sealed tub in the fridge.

> **Tip** Fridge only (no cure): eat within a week, or freeze. No dehydrator? Dry it on racks in a low oven. Serves 8 is our estimate (600 g raw beef dries to about 240 g). Some seasoning falls through the racks, so the salt shown is a maximum.

The method is a summary in our words — the video shows every step.

One portion (about 30 g jerky) gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
118 kcal 490 kJ	16 g 33% of a day	0.6 g 0.3 g net · 0 g sugars 0% of a day	0.2 g 1% of a day	5.4 g 2.1 g saturated 7% of a day	620 mg 27% of a day

Energy from net carbs 1% · protein 56% · fat 43% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 33% · Selenium 33% · Zinc 26% · Vitamin B6 20%

Recipe and video: Hedgecomber (@hedgecomber) on YouTube — youtube.com/watch?v=IApO6qDYfz4, published 4 September 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/salt-and-pepper-beef-jerky