

Dried Beef

(Use in meat dishes)

2 lbs lean meat (round or flank steak)
2 cups cold water
1/2 cup salt
1/2 tbs. black pepper
1/4 cup vinegar

Trim fat from meat. Slice meat into 1/4 inch strips, slicing with grain of meat. Combine water, salt, black pepper, and vinegar in deep pot and bring to boil. Divide meat into 4 lots. Boil each lot for 5 minutes. Meat will be gray when done. Press out juice with rolling pin and paper towels.

Preheat oven to 150 degrees.

Place meat strips on metal oven racks.

Keep oven door slightly ajar.

Meat will dry in 1 1/2 hours. Meat should crack but not be brittle when done. If it bends but does not break, cook little longer.

Store in zip-top bag. Dried meat should keep about 10 weeks.

Serves 2