

Tommy's General Tso's "style" Beef Jerky

If you like General Tso's chicken dish in a Chinese restaurant, than this recipe is a good one to have in your Jerky Brine Arsenal (JBA).

Ingredients:

- A few to several pounds of good eye of round. (Costco is good). Some use flank or other cuts of beef.
- 2 1/2 cups of Water
- 1 cup soy sauce
- 1/3 cup Worcestershire sauce
- 1/3 Cup Yoshida's Teriyaki sauce & marinade
- 2 tsp liquid smoke
- 2 Tbs seasoned rice vinegar
- 1 tsp sesame oil
- 2 oranges, juice and zest
- 2 heaping TBS honey

- 1/2 cup brown sugar
- 2 Tbs granulated garlic
- 1 tsp ground ginger
- 2 tsp onion powder
- 2 tsp ground black pepper (more to coat)
- 1/2 tsp white pepper
- 1 tsp crushed red pepper (more to coat)

Method

Combine above ingredients, making sure that the brown sugar and honey are dissolved.

Partially freeze the beef to make slicing easier. Using a meat slicer, or sharp knife, slice beef with the grain to about 1/4 inch thick, less thick if you prefer. The key here is a consistent thickness.

Put meat and brine in a gallon ziplock bag. Marinate overnight, up to 24 hours. Drain in colander, and arrange on your oil-sprayed dehydrator racks. At this point I like to add some more crushed black pepper, and red pepper flakes. (optional-to taste) See internet for oven directions if not using an air-dehydrator.

Dehydrator setting on meat/fish, or thereabouts, for approximately 6-8 hours depending on your dryness preference. I run the dehydrator in the garage, as it is quite odiferous. When finished, I put the dried/cooled jerky in a ziplock bag, and refrigerate.