



First and Last Name _____

Class Hour _____

For the month of _____

Special Extra Credit Project

Native Americans used to dry meat to preserve it. This project will duplicate that process, and will need adult supervision. It will be worth 25 extra credit points and will be due no later than the last school day of November / April.

Dried Beef

Ingredients:

- 1 to 1½ pounds of flank steak (or Buffalo or venison)
- 2/3 cup of Worcestershire Sauce
- 2/3 cup of soy sauce
- 1 tablespoon of honey
- 1 teaspoon of ground pepper
- 2 teaspoons of onion powder
- ½ teaspoon of Liquid Smoke
- ½ teaspoon of red pepper flakes

Equipment:

- A commercial dehydrator or a large cookie sheet and paper towels
- 1 gallon-sized plastic bag



To Prepare:

Trim the flank steak of any excess fat, place it in the gallon-sized plastic bag, and place it in the freezer for 1 to 2 hours (to firm it up).

Remove the steak from the freezer and – as thinly as possible – slice the meat “with the grain” into long strips.

Put the meat strips back in the gallon-sized bag with all the remaining ingredients and move the contents around to evenly distribute all the ingredients. Place the bag in the refrigerator (**not** the freezer) for 3 to 6 hours.

Remove the meat from the marinade and pat it dry with paper towels. Evenly distribute the strips onto the cookie sheet lined with paper towels. Allow the meat to dry for 8 to 12 hours. You may let a fan blow over the meat to help it dry. [If you are using a commercial dehydrator, follow the manufacturer’s instructions.]

Once the meat is dry, store it in a cool, dry place in an airtight container. Bring it to school and share it with your classmates.