

## MAKING JERKY

Meat being used for jerky should be as lean as possible. Using lean meat will help the meat dry faster. Ground meat should be 79%-90% lean. Ground turkey, venison, buffalo and elk are other excellent choices for jerky. Jerky seasonings are available for all tastes (available at lemproducts.com). Whenever jerky is being made, cure (available at lemproducts.com) should be used. Cure is used to help prevent botulism during drying at low temperatures. Follow the manufactures directions on the cure packet. Marinate meats in the refrigerator. Do not leave meats unrefrigerated. Always wash hands thoroughly with soap and water prior to and after working with meat products.

Special consideration must be made when using venison or other wild game, as it can become heavily contaminated during field dressing. Venison is often held at temperatures that could potentially allow bacteria to grow, such as when it is being transported. Refer to the USDA Meat and Poultry Department for further information on meat and food safety.

When using a dehydrator, check the temperature of the dehydrator with a dial thermometer (available at lemproducts.com) before drying jerky. The minimum recommended temperature for drying meats is 145°F. **IMPORTANT:** Before you place the meat in a dehydrator, it is highly recommended by the USDA to heat the meat to 160°F (poultry to 165°F) **BEFORE** the dehydrating process. This step assures that any bacteria present will be destroyed by heat. After heating to 160°F, maintaining a constant dehydrator temperature of 130-140°F during the drying process is important because: 1) the process must be fast enough to dry food before it spoils; and 2) it must remove enough water so the microorganisms are unable to grow. For more information go to [www.usda.gov](http://www.usda.gov).

If you are using a marinade, shake off excess liquid before placing the meat in evenly spaced single layers approximately ¼" apart on the racks. Dry meat at 145-150° F for 3-5 hours. You may need to blot fat droplets from the surface of the meat occasionally, using a paper towel. Drying times may vary based on many circumstances, including but not limited to: the relative humidity of the room, the temperature of the meat at the beginning of the drying process, the amount of meat in the dehydrator, leanness of meat, etc.

## REHYDRATING FRUITS/VEGETABLES

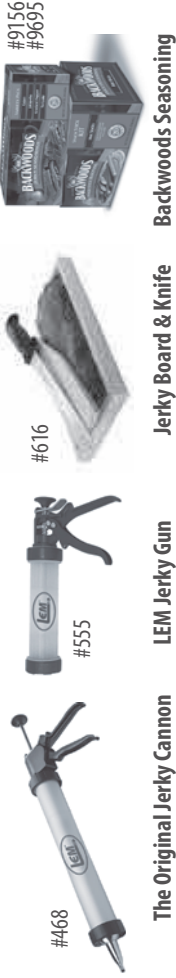
**FRUITS:** To rehydrate dried fruit, cover with boiling water and let sit for 5 minutes, drain.

**VEGETABLES:** Vegetables should rehydrate to almost the same size as they were when fresh. Cover vegetables in cold water and allow food to soak for 30 minutes to 2 hours. It is not necessary to rehydrate prior to using in soups and stews.

## STORING DRIED FOODS

1. Vacuum sealing is ideal for keeping dried foods.
2. Store in portion sizes which will be easily used at one time.
3. Store in a cool, dark, dry place.
4. Store in air tight, moisture resistant containers.

## ADDITIONAL ACCESSORIES FROM LEM



The Original Jerky Cannon

LEM Jerky Gun

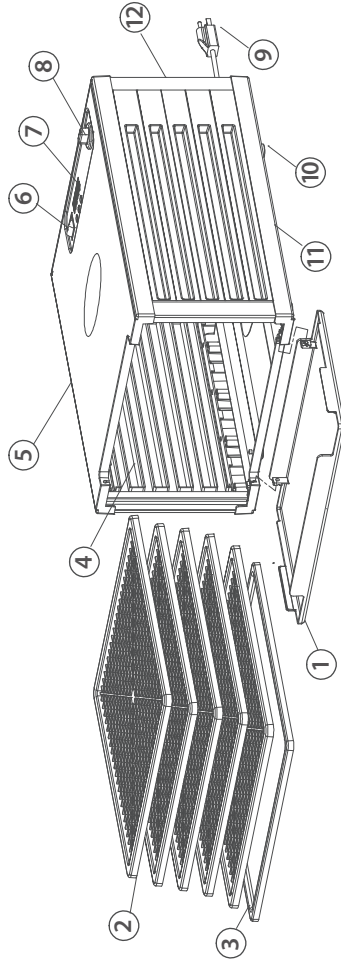
Jerky Board & Knife

Backwoods Seasoning

## ! IMPORTANT SAFEGUARDS !

When using electrical appliances, basic safety precautions should always be followed. Read all instructions carefully.

## DEHYDRATOR FEATURES



1152 / 5 Tray

Part #	Description	Qty
1	5 Tray Door/10 Tray Bottom Door	1
2	Tray	5/10
3	Drip Tray	1
4	Side Panel	2
5	Top Panel	1
6	On/Off Switch	1
7	Circuit Board	1

Part #	Description	Qty
8	Temperature Control Knob	1
9	Power Cord	1
10	Foot	4
11	Bottom Panel	1
12	Rear Panel	1
13	10 Tray Top Door	1

1153 / 10 Tray

