

## Beef Jerky

2 1/2 pounds lean beef chuck or shank

Salt

Pepper

Slice meat into thin strips. Sprinkle with salt and pepper. Pound raw meat with hammer. Turn meat over and pound on the other side. Set oven on low heat, about 120 degrees, and leave door partly open for moisture to escape. Cover bottom rack of oven with aluminum foil. Spread meat strips on wire rack above. (Strips can be hung over the wires one by one.) Leave in the oven for 4 or 5 hours.

Turn meat over and leave for another 4 to 5 hours on 120 degrees. When the jerky shrivels up and turns black, it is done. The strips will bend without snapping when they come from the oven. Turn off oven and remove meat when cool. Store in closed jar.

*Food in Kansas*

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