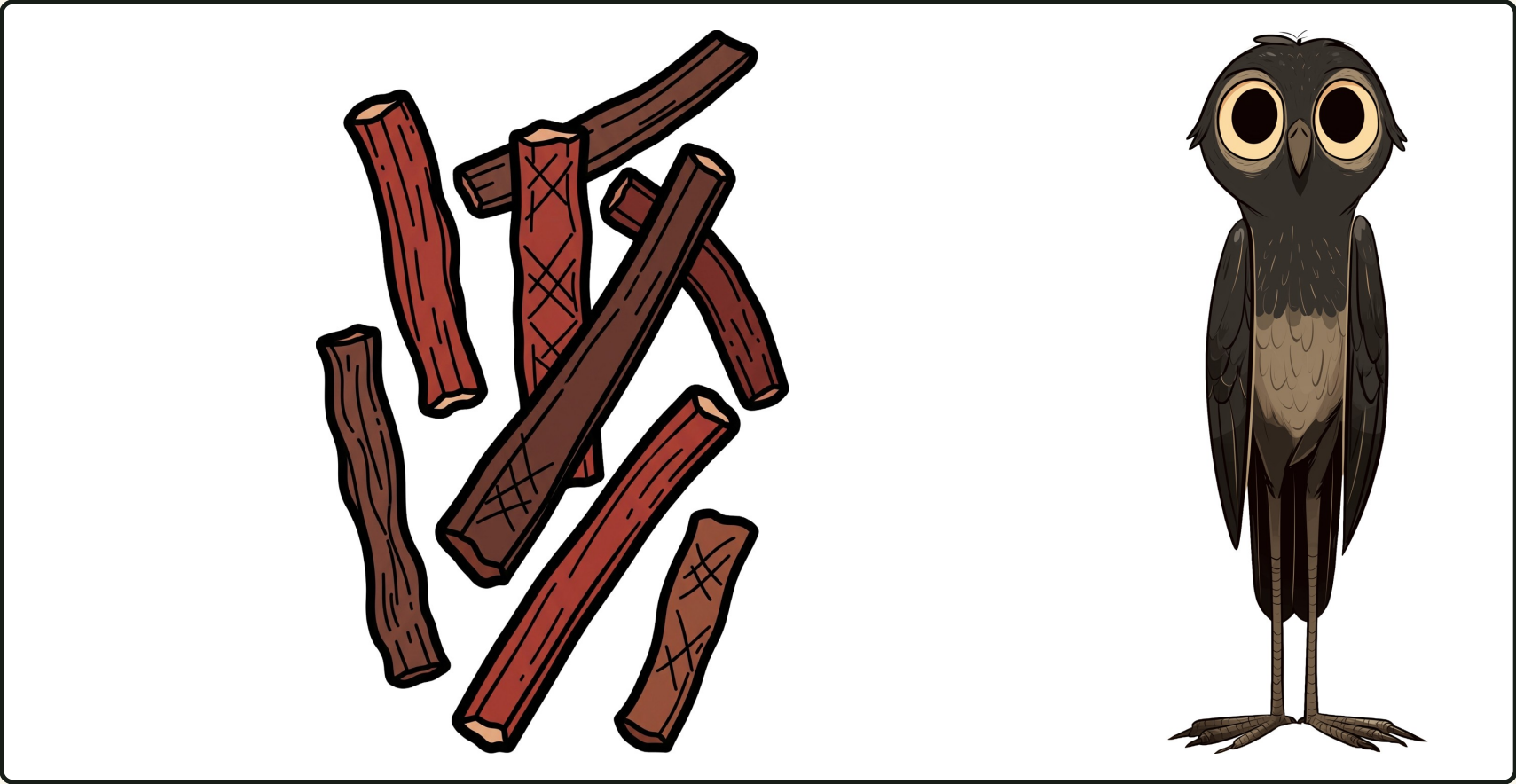


ILLUSTRATED STEPS / SAVE IT. FIND IT. BUILD IT.

BEEF JERKY

Turn lean beef into a small, properly prepared batch of jerky.



START HERE

01

GET READY

Tools + clickable build map

02

FOLLOW THE STEPS

One clearly numbered stage at a time

03

FIND IT AGAIN

Quick reference + PDF bookmarks

A prepare-ahead kitchen build with measured heat and controlled drying. This guide updates the video's improvised preservation ideas.

WATCH THE TIKTOK

MORE FREE BUILD GUIDES

SOURCES / USDA: Jerky and food safety

YOUR BUILD MAP

Tap a step to jump there. The printed page numbers work offline too.

HAVE THESE READY

- Fresh lean whole-muscle beef
- Clean board and knife
- Food thermometer for thin pieces
- Food-drying racks
- Oven or dehydrator that holds the stated temperature
- Clean jars or heavy storage bags; date label

READ IN ORDER

PREP	Start cold. Work clean.	03
01	Small strips. Even thickness.	04
02	Measure 160°F inside the beef.	05
03	Give each strip its own space.	06
04	Cool a sample. Then bend it.	07
05	Cool. Seal. Date.	08
NOTE	Cold → thin → hot → dry → sealed.	09

QUICK REFERENCE / PAGE 10

BEFORE YOU START

Heat beef to 160°F internally
BEFORE controlled drying at 140°F. Drying does not rescue spoiled meat.

KEEP THIS COPY

Save the PDF with its guide ID. Use the build map, bookmarks, or your PDF reader's search to find a step later. Video and source links need internet; the instructions do not.

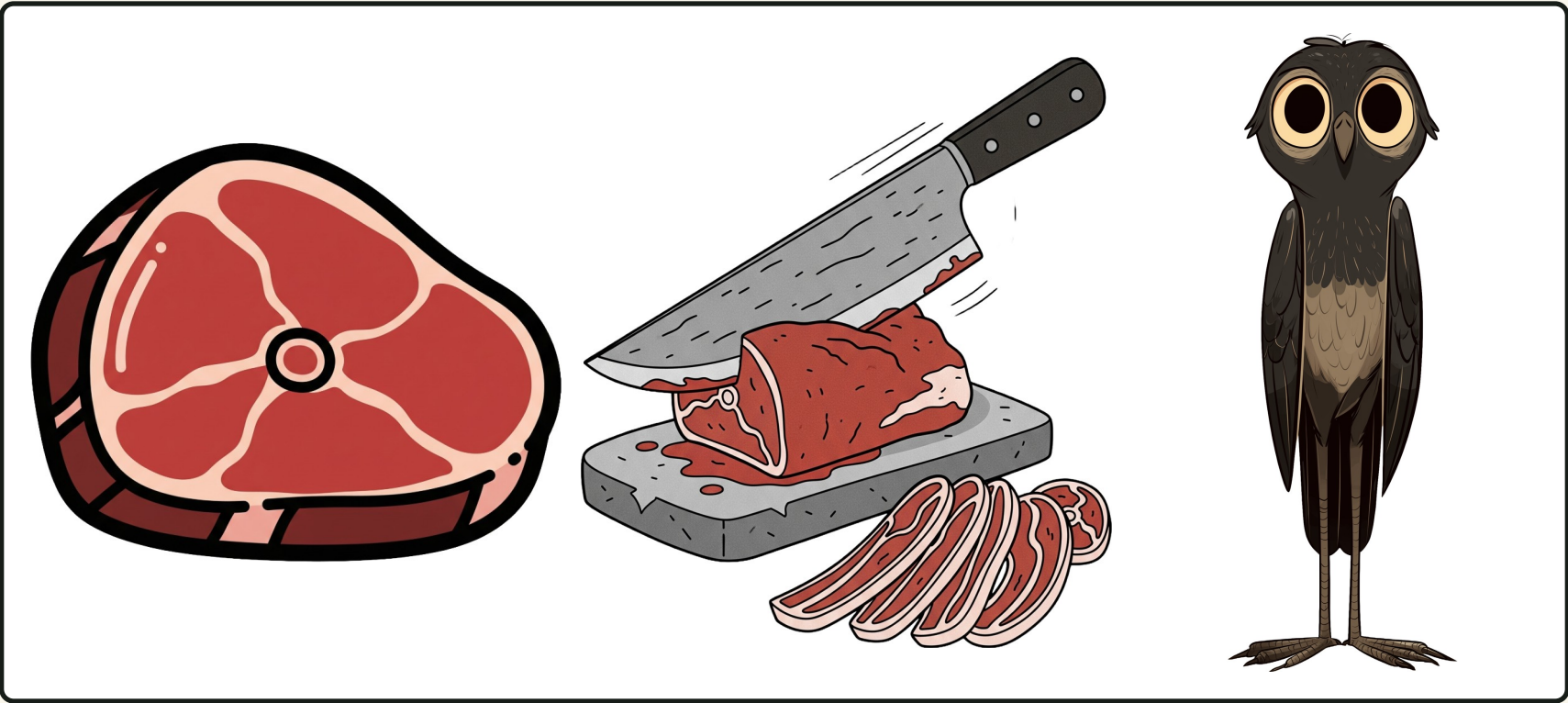
SETUP

Start cold. Work clean.

READ BEFORE STEP 01

PREP

Nuke sets up a controlled kitchen process before the first slice.



THE PARTS

- Use fresh lean whole-muscle beef, a clean board and knife, a food thermometer, racks, and an oven or dehydrator that holds the drying temperature.
- Use an adult helper for knives and hot equipment.

THE STARTING CONDITION

- Keep raw beef at 40°F or below.
- Thaw it in the refrigerator.
- Wash hands and clean the work area; keep raw-meat tools separate from the finished food.
- Drying does not rescue spoiled meat.

SOURCES / USDA: Jerky and food safety

STEP

Small strips. Even thickness.

1 OF 5 / READ IN ORDER

01

Uniform pieces heat and dry more evenly than a pile of random chunks.



MAKE THE CUT

- **Partially freeze the beef if that makes slicing easier.**
- Trim away visible fat.
- Cut strips no thicker than 1/4 inch.
- Keep the slices reasonably consistent, then refrigerate while preparing the next stage.

KEEP FLAVOR SEPARATE FROM SAFETY

- **An optional marinade adds flavor; it does not replace measured heating.**
- Marinate only in the refrigerator and discard used marinade.
- This edition covers beef, not a substitute process for poultry or ground meat.

SOURCES / USDA: Jerky and food safety · NCHFP: Making jerky

BUILD MAP

PREVIOUS

NEXT

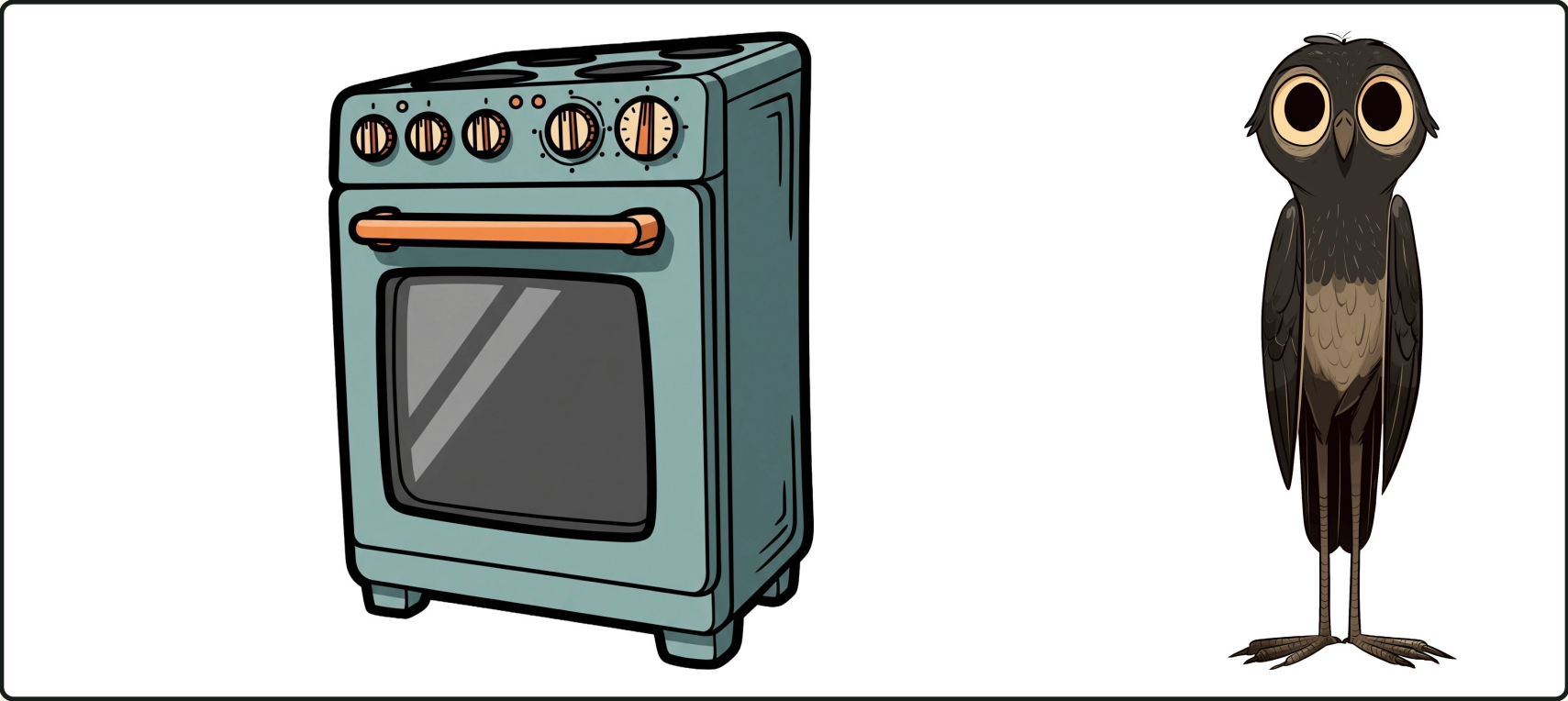
STEP

Measure 160°F inside the beef.

2 OF 5 / READ IN ORDER

02

Before drying, steam or roast the strips until a food thermometer verifies the internal temperature.



READ THE MEAT

- **Check that the beef reaches 160°F internally.**
- The oven dial measures the oven setting, not the center of the food.
- Use a thermometer suited to thin pieces and follow its insertion directions.

KEEP THIS STEP FIRST

- **Low-temperature drying alone can leave pathogens alive, and dried pathogens may be harder to kill later.**
- Salt, smoke, color, and a dry surface cannot stand in for the measured heating step.

SOURCES / USDA: Jerky and food safety

STEP

Give each strip its own space.

3 OF 5 / READ IN ORDER

03

Move the heated strips to a preheated dryer or suitable oven held at 140°F.



BUILD THE TRAY

- **Arrange strips in a single layer without touching or overlapping.**
- Leave room for air to circulate.
- Use racks and equipment intended for food drying; follow the appliance's ventilation and operating instructions.

CONTROL THE PROCESS

- **Keep the drying environment at 140°F.**
- NCHFP says to begin checking preheated meat after about three hours; the actual time varies.
- Sunlight and an improvised low fire do not provide the controlled process used here.

SOURCES / USDA: Jerky and food safety · NCHFP: Making jerky

BUILD MAP

PREVIOUS

NEXT

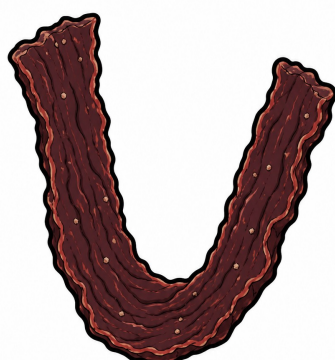
STEP

Cool a sample. Then bend it.

4 OF 5 / READ IN ORDER

04

A cooled test strip helps you judge drying progress without guessing from the clock.



LOOK FOR THE ENDPOINT

- **Take out a sample and let it cool.**
- NCHFP's drying test is a strip that cracks when bent but does not break.
- Keep drying the remaining strips if the cooled sample is not ready.

REMEMBER WHAT THIS PROVES

- **The bend test checks dryness.**
- It does not prove that the beef reached 160°F earlier.
- Keep both parts of the process: the thermometer-verified heat step and the completed controlled drying step.

SOURCES / NCHFP: Making jerky · USDA: Jerky and food safety

BUILD MAP

PREVIOUS

NEXT

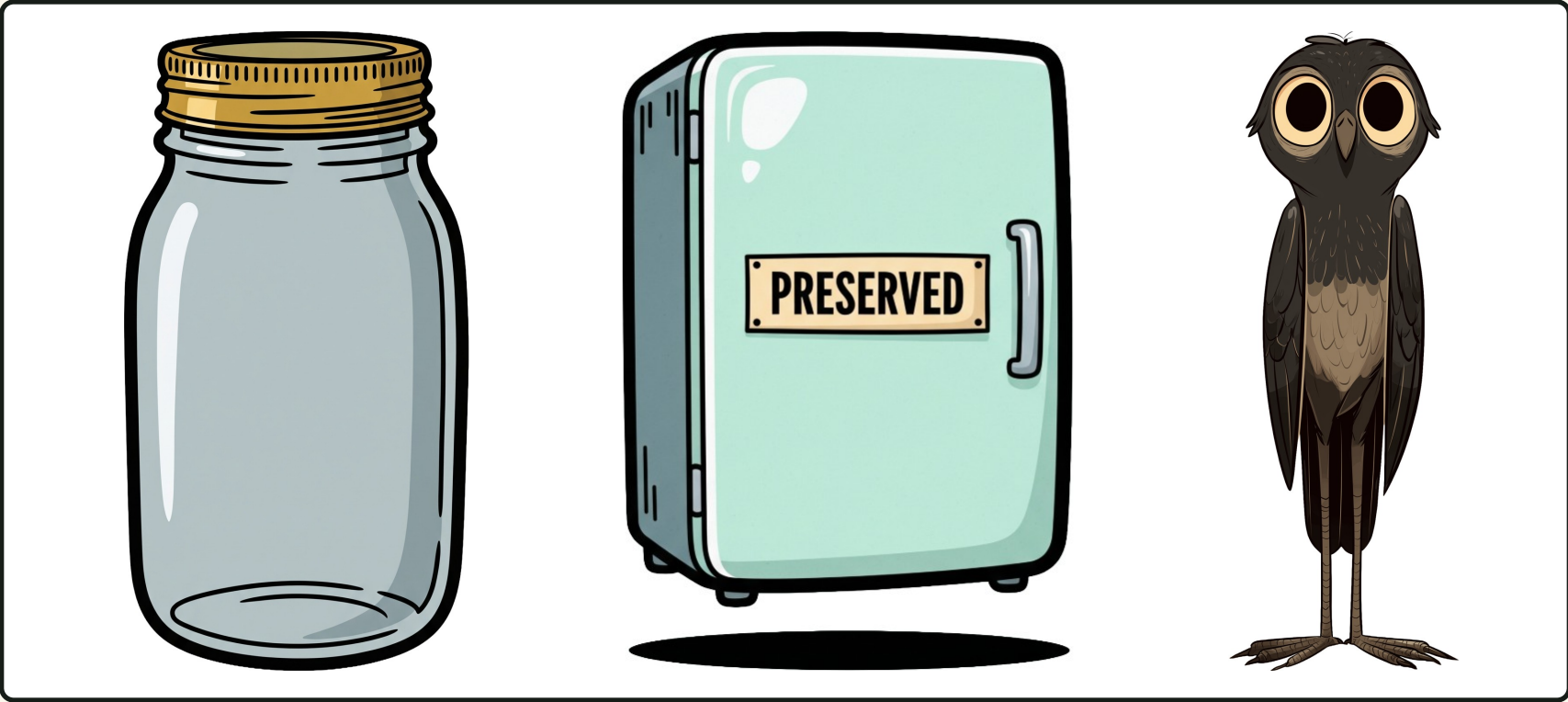
STEP

Cool. Seal. Date.

5 OF 5 / READ IN ORDER

05

Once properly dried, blot visible oil, cool the jerky, and package it cleanly.



PROTECT THE BATCH

- Use clean glass jars or heavy food-storage bags with a tight closure.
- Add the preparation date.
- Keep the finished jerky away from raw-meat tools and damp storage conditions.

USE A CONSERVATIVE LIMIT

- NCHFP gives two weeks at room temperature for properly dried jerky; refrigerate or freeze for longer storage.
- This is not a promise of months in a hot backpack.
- Discard food with mold or other signs of spoilage; do not taste-test it.

SOURCES / NCHFP: Making jerky

BUILD MAP

PREVIOUS

NEXT

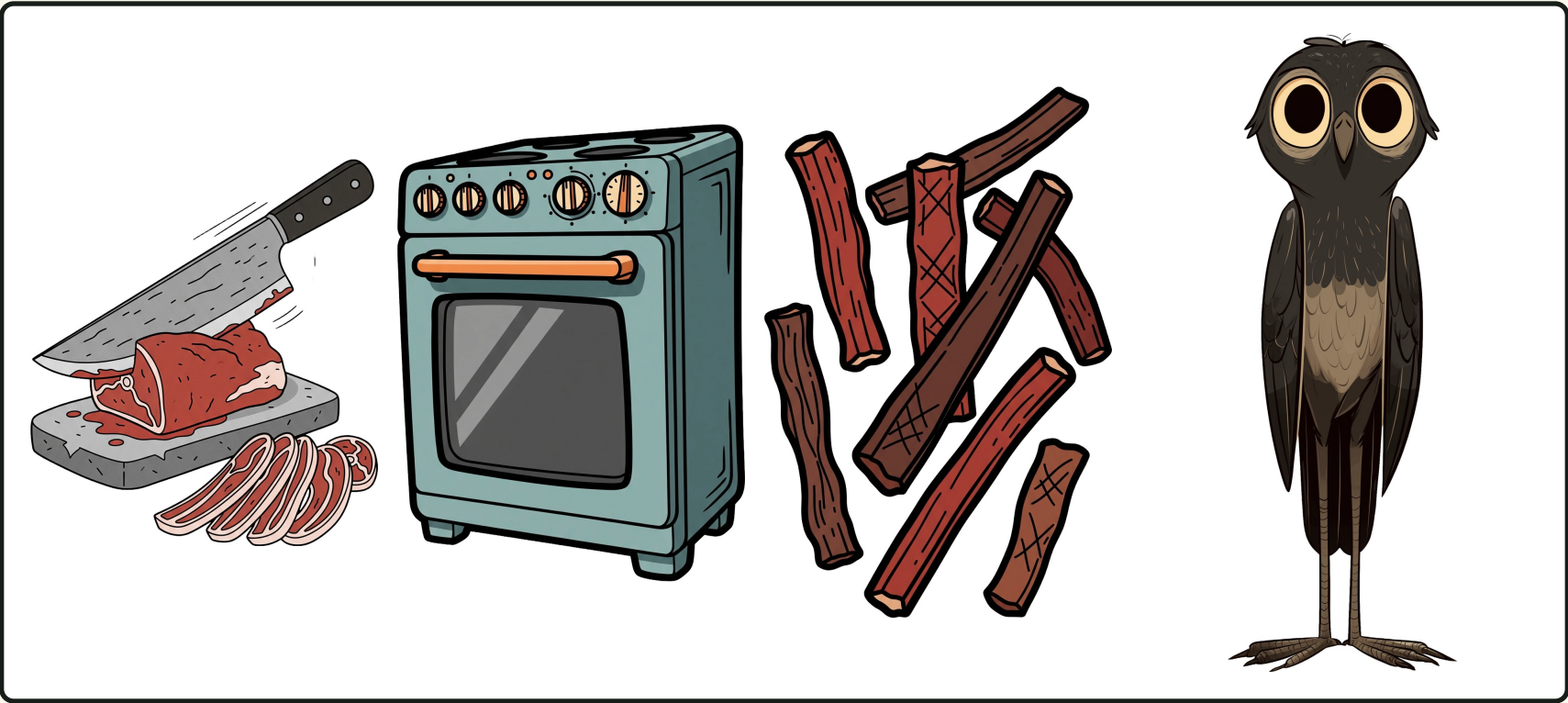
NOTE

Cold → thin → hot → dry → sealed.

KEEP THESE LIMITS WITH THE STEPS

REF

The original video gives the idea. These sources supply the practical process and its limits.



THE FIVE BEATS

- **Keep beef refrigerated.**
- Trim and cut strips no thicker than 1/4 inch.
- Verify 160°F inside the beef before drying.
- Dry at 140°F with space between strips.
- Cool, check, seal, and date the finished batch.

BEFORE YOUR NEXT BATCH

- **Read the linked USDA and NCHFP procedures.**
- This guide does not validate salt-burying, sun-drying, preservation of spoiled meat, or a general shelf-stable cure.
- Keep the heating and storage notes with the illustrated steps.

SOURCES / USDA: Jerky and food safety · NCHFP: Making jerky

QUICK REFERENCE

Read the full steps first. Tap any row to return to its instructions.

BEFORE STEP 01

Heat beef to 160°F internally **BEFORE** controlled drying at 140°F. Drying does not rescue spoiled meat.

- 01

Slice evenly

Trim fat. Make strips no thicker than 1/4 inch.

P04
- 02

Heat **BEFORE** drying

Verify 160°F inside the beef with a food thermometer.

P05
- 03

Dry with space

Hold 140°F. Start checking after about 3 hours; actual time varies.

P06
- 04

Cool and bend a sample

Cracks when bent, but does not break. This checks dryness, not the earlier heat step.

P07
- 05

Pack, date and store

Properly dried: 2 weeks at room temperature; refrigerate or freeze for longer.

P08

NUKE SAYS

Free PDF. Non-negotiable thermometer.

SOURCES / USDA: Jerky and food safety · NCHFP: Making jerky