

Asian Style Beef Jerky



Ingredients

1.2kg low fat beef – we recommend eye fillet or Girello style roast	2 star anise
1/4 cup soy sauce	1 tsp cinnamon
2 garlic cloves, crushed	1 tsp ground cumin
1 tsp freshly grated ginger	1 tsp chilli flakes
1 tbsp brown sugar	2 tsp sesame seeds

Directions

Step 1 – Freeze the meat piece for around one hour, then slice into 3-4mm slices.

Step 2 – Place the meat slices into a Ziplock bag along with the soy sauce, garlic, ginger, brown sugar, star anise, cinnamon, cumin and chilli flakes. Seal the bag and toss the meat in the marinade so all the meat is coated. Marinate, turning the bag regularly, for up to 8 hours.

Step 3 – Drain the marinade and discard. Pat each slice of meat dry with paper towel to remove any moisture.

Step 4 - Heat the BBQ to very low heat (80°C) with two zone heat. Ensure the grills are clean. If you are using a charcoal grill, place your briquettes or charcoal around the outside of the grill, keeping the centre clear as a zone of indirect heat. If you are using a gas BBQ, light a burner on one side of the BBQ only.

Step 5 – Lay the meat slices on a wire baking rack and sprinkle with sesame seeds. Place the rack onto an oven tray, then place the tray into the BBQ, away from direct heat.

Step 6 – Roast the jerky for around 4 hours, rotating the tray once and turning the meat slices over once throughout the cooking time. When ready, the jerky should be dry, firm but still bend a little.

