



**Updated Voyageur Jerky**

**Ingredients:**

1/2 pound deer, elk, bear, beef, bison, or white turkey or chicken meat with no fat, sliced into thin strips  
1/4 cup soy sauce  
1 Tablespoon Worcestershire sauce  
1 Tablespoon A-1 sauce  
1/2 teaspoon salt  
1/4 to 1/2 teaspoon black pepper  
1/4 to 1/2 teaspoon garlic powder  
1/2 teaspoon onion powder  
1 teaspoon hickory smoke flavoring (optional)

Slice the meat into thin slices, remove all fat; set aside.  
In a shallow glass dish, combine all marinating ingredients.  
Put the meat into the liquid, cover; refrigerate overnight.

Line a large rack pan with foil. Put rack in pan; place strips of meat on the rack. Dispose of the marinade.  
In 200 degree F oven with door closed; bake for 4 hours.  
Remove, cool, and store in airtight containers

**Recipe from:** *French Cooking in Early America* by Patricia B. Mitchell

**About the Recipe:** This recipe is very easy to prepare and the chewy crisp jerky is perfect as a take-along on a camping trip or a backpacking walk-about.

**Historical Background of Dish:**

For trappers and explorers, jerky was a sustaining convenience food to eat since it could travel with them. They learned about jerky from the Native Americans. They could chew on it in the dry state or soak it in liquid overnight to prepare a stew. They prepared the dish by drying the meat in the sun or fire-drying. They didn't use the additional seasoning in the above recipe. This updated recipe makes an ideal backpack snack.