



BIG B GROCERY

YOUR LOCAL MEAT STORE
"AMERICAN OWNED AND OPERATED"

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BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY

THANKSGIVING JERKY

TURKEY JERKY

5 pounds turkey sliced into 1 1/2" strips

1 cup soy sauce

1/2 cup Worcestershire sauce

1/4 cup liquid smoke

20 shakes of TABASCO sauce

2 tablespoons onion salt

2 tablespoons poultry seasoning

NOTE: Cook the same as beef jerky but internal temperature of turkey should be 170 degrees when cooked.

LAS CRUCES SPICE MIX DRY RUB

3 lbs lean sirloin steak strips

2 tbl New Mexico red chili powder

1/2 cup kosher salt

1 tsp oregano

1 tsp black pepper

4-6 table liquid smoke

First coat strips of meat with a couple of dashes of liquid smoke, spread evenly over meat.

Mix dry ingredients well and sprinkle them over the meat, both sides.

Place into your marinating receptacle and make sure the rub is coating the meat well.

Marinate the meat in this rub overnight (12-16 hours).

Cook in your dehydrator cook according to your manufacturer's instructions or in your oven at least at 150 degrees for at least 6 hours or longer until it is jerky.

WESTERN STYLE JERKY MARINADE

3 pounds lean steak (we recommend sirloin)

Jerky Marinade: 1 cup Worcestershire sauce

1 cup soy sauce

1/2 cup brown sugar

8 cloves garlic chopped

4 teaspoons fresh ground black pepper

4 teaspoons ground dried red chili New Mexico 1/2 or Ancho

2 teaspoons onion powder

4 tablespoons of liquid smoke (omit if using a smoker)

Mix ingredients in a bowl until blended well. Refrigerate 1 hour.

You can always pre-mix the marinade and keep in the refrigerator a few days prior to marinating the meat.

Take marinade out of refrigerator and take stripped meat trimmed of fat and place in a container or large zip lock bag.

Pour marinade into container and mix until all the meat is coated.

Place back in refrigerator for 12-18 hours.

Mix occasionally, if you use a bag (we recommend this) you can squeeze and massage meat through the bag occasionally or if in a bowl, stir it turning meat over. If using a bag we recommend placing bag into a bowl or appropriate container in case the bag leaks.

After marinating take strips out and pat dry with paper towel.

Pre-cook or dehydrate or smoke always using the manufactures instructions.

VENISON JERKY YOU'LL LIKE

3 pounds venison sliced 1/4 thick by 3/4 wide

1 1/2 Cup liquid smoke (omit if smoking meat)

1/2 cup soy sauce

1/2 cup Worcestershire sauce

1/2 teaspoon cayenne pepper

1 teaspoon accent meat tenderizer

1 teaspoon garlic powder

2 teaspoon onion powder

1/2 cup water

chili pepper seeds to taste

Marinate for 24 hours instead of the suggested 12-18 hours.

TASTY SNACK BETTER THAN POPCORN!

GET PUMPKIN SEEDS WITHOUT THE SHELL

(WE BUY THEM AT TRADER JOES!)

GET A FRYING PAN WITH A LID (WE USE A WOK!)

1/4-1/2 CUP OLIVE OIL

PUT THE OLIVE OIL IN THE PAN

HEAT THE PAN A LITTLE BIT THEN ADD THE PUMPKIN SEEDS.

ADD ENOUGH PUMPKIN SEEDS THAT THE SEEDS ARE COATED IN OIL

COOK THE PUMPKIN SEEDS LIKE YOU DO POPCORN, THEY'LL START POPPING.

IT'S A FINE LINE BETWEEN BEING DONE AND BEING BURNT (JUST LIKE POPCORN OR TOASTED NUTS)

ONCE DONE ADD SALT TO TASTE.

GREAT TASTING SNACK

GET BEST MEAT FROM BIG B GROCERY AND HAVE FUN.