

Spicy Vietnamese Beef Jerky (Khô Bó Sa Té) | No Food Dehydrator Needed

<https://www.vickypham.com/blog/spicy-vietnamese-beef-jerky>

Serves 3-4

INGREDIENTS

Beef

- 2 lbs beef sirloin, eye round, or rump roast

Aromatics¹/₄ cup minced lemongrass

- 10 garlic cloves (finely mince)
- 1 shallot (about 2 tablespoons finely minced)

Spicy Marinade

- 3 tablespoons annatto oil (preferred) or vegetable oil
- 1 teaspoon turmeric powder
- 1 teaspoon ground black pepper
- 1 tablespoon Chinese five spice powder
- 1 tablespoon red chili flakes
- 2 teaspoons red chili powder
- 4 tablespoons granulated sugar
- 4 tablespoons fish sauce
- 2 tablespoons oyster sauce

INSTRUCTIONS

1. Slice beef into large sheets of ¹/₈ to ¹/₄ inch thickness with the grain. Trim off any fat.
2. In a medium bowl, combine all the aromatics and spicy marinade ingredients. Mix until evenly combined. Adjust seasoning to taste at this point, if needed.
3. In a large mixing bowl or large Ziploc bag, combine sliced beef and marinade mixture. Toss until all of the pieces are evenly coated. Cover with plastic wrap or close bag tightly. Marinate in the fridge for 8 hours or longer overnight. Toss the meat or flip the bag half way through marinating to ensure even coating.
4. Line two baking sheets with aluminum foil or parchment paper for easy clean-up. Place a wire rack over each sheet. Arrange the marinated meats on the wire rack in a single layer. It's okay to crowd the meat, as it will shrink considerably. But avoid overlapping. Add baking sheets in the center racks of the oven. Turn on the oven to the lowest heat possible, for me it's 170°F. No need to preheat.

5. Bake for 3 hours. Flip meat and rotate baking sheets then continue baking for another 3 hours. It took me a total of 6 hours to fully dry out the meat. Remove from the oven and allow to cool to room temperature.
6. You have jerky when the meat is completely dry to the touch and pulls apart easily along the grain with no moisture. It should look like leather but still tender to the bite. Store jerky in a Ziploc bag or airtight container. Properly dried jerky will keep at room temperature for 2 weeks or in the fridge for up to 4 months (possibly even longer).