

Mr. Parker's Salmon Jerky Recipe

1/4 cup Bragg Liquid Aminos
1/4 cup soy sauce
2 tablespoons light brown sugar
1/4 teaspoon fresh ginger paste
1 teaspoon liquid smoke
1 teaspoon black pepper
1 tablespoon lemon juice
approximately 1 to 1/2 pound fresh salmon fillet

Combine the first 7 ingredients in a zip-lock plastic bag. Cut the salmon into strips about 2" x 3" and add to the marinade. Seal the bag and refrigerate for 3 hours. Drain the salmon in a colander and pat it dry with paper towels.

Turn your dehydrator on to a low setting. Lay the salmon pieces evenly on the machine's racks, put the racks in the dehydrator, and dry the salmon for 1-2 hours. Then turn the salmon pieces over and dry for another 2-3 hours. The drying time will depend on your personal preferences. The salmon will go through a progression like the illustration to the left. We usually sample the fish in the last hour or so of drying, and remove the jerky from the machine when it's dried to our liking - still soft and moist, just a little chewy.

Store the jerky in a clean zip-lock bag and keep refrigerated. We eat it just the way it is as snacks, or as a substitute for gravlax, on top of a cream cheese covered toasted bagel, or with scrambled eggs, or in green salad...Mr. Parker claims it'd be wonderful with ice cream, but I draw the line at that...

Recipe by Mr. Parker

