

Smoky Chicken Jerky

Jacob · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

5 hrs 15 mins

Description

Learn how to make chicken jerky at home with smoked salt condiments herbs and spices Chicken jerky is a light snack thats great to have on hand all winter long It takes a while to slowcook in the oven but its worth it The marinade can also be used on beef turkey duck or venison

Ingredients

- - 1 ½ pounds frozen skinless
- boneless chicken breasts - ¾ cup low-sodium soy sauce - ¼ cup teriyaki marinade - 1 tablespoon Worcestershire sauce - 2 teaspoons dried parsley - 1 teaspoon lemon juice - 1 teaspoon smoked salt - 1 teaspoon ground ginger - 1 teaspoon garlic powder - 1 teaspoon ground black pepper - 1 teaspoon cayenne pepper (Optional) - cooking spray

Instructions

1. Cut chicken with the grain into very thin strips
2. about 1/4-inch thick
3. while still mostly frozen. Whisk soy sauce
4. teriyaki marinade
5. Worcestershire sauce
6. parsley
7. lemon juice
8. smoked salt
9. ginger
10. garlic powder
11. black pepper
12. and cayenne together in a bowl and pour into a resealable plastic bag. Add chicken strips
13. coat with marinade
14. squeeze out excess air
15. and seal the bag. Marinate in the refrigerator for at least 1 hour
16. or overnight. When ready to cook
17. preheat the oven to 180 degrees F (80 degrees C). Spray a wire rack with cooking spray; place the rack onto a rimmed baking sheet. Remove chicken from marinade and shake off excess. Place chicken on the prepared rack as close together as possible without touching. Discard remaining marinade. Bake in the preheated oven
18. flipping halfway through
19. until chicken is uniformly dark orange in color and dry inside when cut in half
20. 4 to 5 hours. Editor's Note: Nutrition data for this recipe includes the full amount of marinade ingredients. The actual amount consumed will vary.