

Dehydrate2Store

NEWSLETTER



Beef Jerky by Nancy of Dehydrate2Store

Many people have been asking for a how-to on beef jerky. So, I have put my favorite marinade recipe just below to satiate everyone's hunger for some delicious dehydrated meat snacks. Jerky is a great lightweight protein-filled snack to take hiking and camping. But, it's a great snack for lounging around the house as well! I personally like to take a few pieces to snack on at work. Whenever there is jerky in my house all of my family members go crazy for it (and usually sneak away with a Ziploc bag hidden in their purse or coat). I hope your family enjoys this recipe just as much as mine!

This marinade is great for making beef as well as venison Jerky. I prefer to use venison when available as it is leaner meat, but a nice beef cut works just as well!

Preparation

Simply cut your meat (I prefer to cut it while it is only partially thawed to get more even slices) into ¼ inch thick slices or strips using a very sharp knife. Then in a large bowl, mix up your marinade ingredients and stir in your meat. Marinade for at least 24 hours in the refrigerator and then continue marinating **until the meat is no longer red**, stirring occasionally to keep everything well mixed and to allow the meat to fully thaw. Then place the strips on your dehydrator racks and dehydrate at 155-160 °F for 6-8 hours.

Storage

Let the meat cool before storing in an airtight container. You can then enjoy your jerky for 2-3 months. You can also place it in the freezer to increase the shelf life a few more months. I DO NOT recommend storing jerky

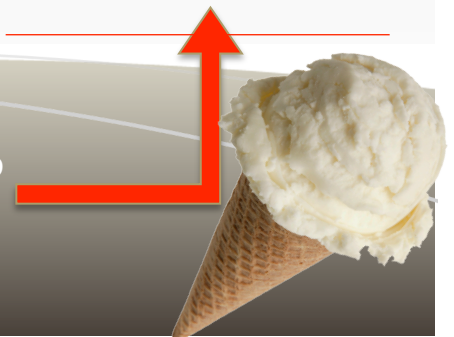
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Check Out These Contests to Win Some Great Prizes!



Beef Jerky *continued*

for multiple years. Unlike fruits and vegetables, dehydrated meat and other animal products spoil and become rancid after years of storage, with the exception of **commercially** powdered eggs, milk, and cheese.

Tips

I have found that the brand of Worcestershire sauce used makes

quite a difference, so be sure to use a good-quality sauce in your marinade. I use Heinz brand in my marinade because it is a little thicker than other Worcestershire sauces I have used in the past. This allows for a thorough coat as well as a wonderful flavoring.



Beef Jerky Marinade Recipe

For every 1 1/2 pounds** of meat mix the following:

1/4 cup Soy Sauce

1/3 Cup Worcestershire Sauce

1 Tbsp. A.1. Steak Sauce

1/2 tsp. Black Pepper

1/2 tsp. Garlic Powder

1/2 tsp. Onion Powder

1/2 tsp. White Salt

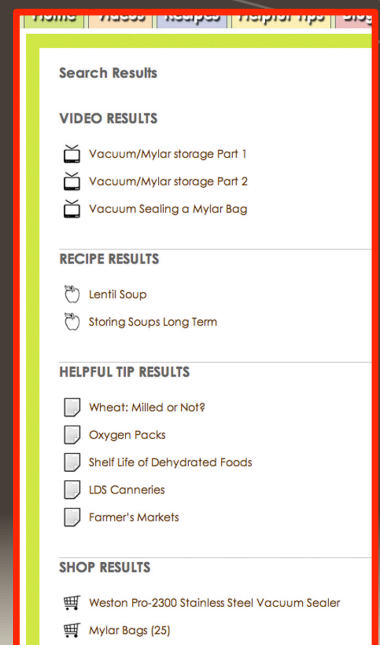
1 tsp. Liquid Smoke

**Note: I usually do 10-12 pounds of meat at a time, which produces 5-6 quart bags of product.



Dehydrate2Store Search Bar

Have a question that you just need the answer to? You can browse our entire site in the blink of an eye using our "Search bar." Simply type in one or a few topic words for your question into the search bar on our home page (left). You will instantly find a list of resources from our site, categorized by location on the site (right).



Welcome to The Health Corner.

All Information Found Here is Backed by Published Scientific Articles and Data!
Feel Safe About What You Eat!

Note: In The Health Corner we will never recommend medications, though we may speak of the health benefits of various foods or supplements. These benefits are to be enjoyed in moderation, and are not meant to treat serious illnesses. If you feel you have a serious illness, please consult a physician!



*Top Left: Grapefruit
Bottom Left: Oranges
Top Right: Chemical Structure of Vitamin C*

The Health Corner: Take Your Vitamin C, You 'Scurvy' Dogs!

-Steve of Dehydrate2Store, First Year Medical Student

Vitamin C

Vitamin C (ascorbic acid) is a water-soluble vitamin that is very important in numerous bodily functions including: tissue growth and repair, collagen formation, and the maintenance of skin, blood vessels, cartilage, wounds, ligaments, bones, teeth, and tendons.⁶

Scurvy

Scurvy is a *severe* form of vitamin C deficiency. Though scurvy is more rare in our current age in a developed society, its prevalence would certainly increase during a disaster or emergency that limited food availability. Scurvy was prominently recorded, for example, on trade ships by sailors whose food rations did not include significant vitamin C content. Signs of severe vitamin C deficiency include bleeding gums, dry and splitting hair, dry and scaly skin, slow wound-healing rate, easy bruising, wound formation, nosebleeds, and can result in death if untreated.^{6,7}

Dehydration and Storage

Dehydration consistently tests as a more efficient means of nutrient preservation as compared to other popular storage methods, such as canning and freezing (USDA). However, one of the nutrients that can often be lost in

significant amounts during dehydration (and long-term storage of any kind) is vitamin C. Vitamin C naturally degrades over time, especially in hot and humid conditions. The degraded form of vitamin C is not harmful luckily, but it loses its important functions.^{1,4,6}

What to Do?

One of the reasons we spray items with lemon juice prior to dehydrating is to add an extra boost of vitamin C to help compensate for some of what will be lost over time during storage. Proper storage is the key factor in extending the life of vitamin C. Studies show that lower, but not freezing, temperatures (such as a cool basement) prevent Vitamin C degradation the most; increasing vitamin life 5-10 fold on average.^{1, 5} In addition, low humidity and the absence of oxygen significantly reduce vitamin C degradation.⁴ So what does this mean? Simple, just follow the proper storage guidelines and your vitamin C should be fine! Dehydrating to 5% water content maximum, vacuum sealing, and storing in a cool area will slow down the natural degradation of vitamin C in foods to a minimal rate.

Storing Vitamin C Tablets

The natural degradation of vitamin C over time is inevitable no matter your method of storage. Although with proper storage techniques you can reduce this

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Vitamin C Popsicle Recipe!

- Orange Juice and Cubed Dehydrated Mango!

For more info see "Dehydrated Popsicles" on page 4.



Dehydrated Popsicles

Make popsicles with dehydrated fruits! This is a healthy, fast, fun, and easy summer treat that your family is sure to love!

Step One: Purchase a popsicle maker/mold of some form.

Step Two: Fill the mold with your favorite juice or yogurt!

Step Three: Add your favorite dehydrated fruits (try raspberry, apple, banana, coconut, peaches, and more).

Step four: Refrigerate over night to allow the fruits to rehydrate ("Rehydration by Refrigeration").

Step Five: Place in the freezer until frozen. **ENJOY!**

"Cool" Combos:

- Chocolate Yogurt + Banana
- Lime Juice + Kiwi
- Orange Juice + Yogurt + Mango
- Vanilla Yogurt + Milk + Coconut
- Plain Yogurt + Sugar + Raspberries



Coming Soon to
Dehydrate2Store.com/shop

The Health Corner: Take Your Vitamin C... *Continued*

degradation rate, I suggest having vitamin C tablets in your storage as well just in case. Although vitamin C tablets have an expiration date, they do not "go bad" or become harmful, they simply begin to lose their potency and effect.² The same principles apply here to reduce this rate of degradation. I suggest removing vitamin C caplets from their jar and storing them in a vacuum-sealed bag with oxygen packs in a cool, dark place, to control the degradation rate.

Living off of Your Storage

If you dehydrate and store properly, the amount of vitamin C loss should be small, and you should have built a pantry that is rich in a variety in foods. Thus, if you are in the situation where you are living solely on your emergency food storage, you should still be able to eat a diverse and balanced diet of foods that have not lost a detrimental amount of vitamin C. Therefore, diseases such as scurvy

should not be an issue. However, if you notice yourself or your family exhibiting some of the symptoms of scurvy explained above, take vitamin C supplements equivalent to the recommended daily allowance each day⁷, and talk to your doctor!

Note: Vitamin C is a supplement, and therefore is not considered a medication. Also, vitamin C is water soluble, and thus is excreted in the urine. For this reason, if you are taking *reasonable* amounts of vitamin C, you should not be concerned with taking "too much," as it will simply be excreted.⁶ That being said, do not overdo it! Taking highly excessive amounts can cause upset stomach and diarrhea.⁷ Also, consuming mass amounts will do you no additional

good, and will only deplete your stock of vitamin C tablets, leaving you with an empty pantry and very expensive urine!

SOURCES

1. Burdurlu, H.A., *et al.*, 2006. "Degradation of vitamin C in citrus juice concentrates during storage," *74*(2): 211–216.
2. Cloe, Alan. "Do Vitamin C Pills Go Bad or Lose Potency?" *LiveStrong.com*. LiveStrong, 05 Jun 2011. Web. 19 Jul 2012. <<http://www.livestrong.com/article/463760-do-vitamin-c-pills-go-bad-or-lose-potency/>>.
3. Hiatt, A.N., *et al.*, 2010. "Influence of Simultaneous Variations in Temperature and Relative..." *J. Agric. Food Chem.*, **58**(6): 3532–3540.
4. Kirk, J., *et al.*, 2006. "Degradation of Ascorbic Acid in a Dehydrated Food System," *Journal of Food Science*, **42**(5): 1274–1279.
5. Smoot, J.M., *et al.*, 1980. "Effects of storage temperature and duration on total vitamin C content of canned single-strength grapefruit juice," *Agric. Food Chem.*, **28**(2): 417–421.
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7. *WebMD*. WebMD, LLC, 09 Dec 2010. Web. 19 Jul 2012. <www.webmd.com>.

Strawberry Rhubarb Pie Recipe

Ingredients

¾ Cup Dehydrated
Rhubarb

3 Tablespoons Corn Starch

1 Cup Dehydrated
Strawberries

½ Teaspoon Vanilla Extract

Pie Shell

Water



1. Place dehydrated rhubarb in a 24 oz. Mason jar then fill with boiling water.

2. Place lid on jar and let cool before refrigerating eight hours or overnight.

3. Pour contents of jar into a saucepan along with a mixture of your sugar and starch in 1 cup of water.

4. Bring water to a boil and cook until thickened.

5. Remove from stove and FOLD in your strawberries and vanilla (do not stir).

6. Let filling cool for 30 minutes.

7. Pour filling into pie shell then bake at 350 °F for 45 minutes.

8. Let cool or refrigerate to allow filling to firm, and serve!

Making Yeast from Dehydrated Fruits

I receive a lot of emails regarding how to extend the shelf life of active yeast for our food storage. Store-bought yeast will last around one year at room temperature and can be extended for a few years if kept in a freezer.

However, why freeze when it is so simple to make your own yeast from dehydrated foods? Your homemade yeast will also add extra unique flavors to your breads!

Choosing Your Starting Point

Using dehydrated fruits will typically give you the best results when culturing yeast, though vegetables and grains can also be used. Some fruits should be avoided when making homemade yeast. Kiwi, pineapple, and papaya contain actinide, which breaks down dough, and thus should not be used. Bananas tend to make a sticky goopy mess, and therefore are another

bad choice. When using vegetables my top choice is dehydrated sweet potatoes or beets. Good examples of grains to use include rice, barley, wheat, oats, and rye. Barley is my top choice from the grains category, as it seems to yield a large abundance of active yeast. However, my all-time favorite dehydrated items to use when culturing yeast are raisins and peaches.

How to Do it

1. Start with a sterile 24-ounce Mason jar, lid, and ring.

2. Place ¼ cup of dehydrated food (or ½ cup if using apple slices or large cut items) into the Mason jar.

3. Fill Mason jar one inch from the top with boiling water, and then let cool.

4. Add 2 tablespoons of sugar or honey.

5. Place lid and lid ring on jar, tighten, and shake.

6. Then, loosen the lid ring and store on a shelf out of direct sunlight for 7 days.

7. When you notice many bubbles forming paired with the scent of wine it indicates that the fermentation process has begun. This signifies that you have successfully grown a viable yeast culture in your dehydrated fruit/vegetable.

8. Next, strain the liquid off of your food and into a clean bottle with a cork. Move the bottle of yeast-filled liquid to the refrigerator. This bottle of yeast is good in the refrigerator for up to 2-3 weeks.

To Use Your Yeast

Use 1 cup of yeast liquid per every 2 loafs of bread.

Enjoy and have fun!



For The Kids: Coloring Contest!

If you have young children or grandchildren that live with you, I'm sure they see you dehydrating and storing all the time. Kids are curious: poking their heads over the counter, standing on the tips of their toes, peering at the large box with the reverberating fan that magically makes foods smaller. Maybe they even ask you from time to time: what are you doing? How does it work? Or, why?

This contest is dedicated to those quizzical kids! Submit a picture drawn by your kids, grandkids, neighbor's kids, or any young one interested in dehydrating, about dehydrating!

Maybe it is a drawing of you dehydrating. Maybe it is a big apple pie made from dehydrated apples. Maybe it is your family at the dinner table eating their rehydrated meal! Maybe it is the Dehydrate2Store Logo. Whatever comes to mind when you think "dehydrating" or "Dehydrate2Store" is acceptable!

Prizes: The drawing that our team at Dehydrate2Store votes most appealing **will appear in the October 2012 Newsletter** along with the winner's first name and city (Ex. Katelyn of Columbus, Ohio).

The winner will also receive a **\$25 gift card to Toys"R"Us!**

How to Submit

Mail your drawing/ photograph to

Dehydrate2Store
3430 Sweet Home Rd.
Amherst, NY 14228

Or email it to: Contests@dehydrate2store.com

*Don't forget to include your contact information, and your age (for the kids contest).
**Max 3 submissions per person.

DEADLINE: September 30th 2012

For The Adults: Photo Contest!

Don't worry, we didn't forget about the adults! We will be holding a photography contest for you! The rules are the same; take a picture of something that screams "Dehydrating" or "Dehydrate2Store." It could be a personal food creation, your family enjoying dehydrated food, an artistic picture of an eggplant, or anything else you can think of! Be creative!

Prizes: The photo that our team at Dehydrate2Store votes most appealing **will appear in the November 2012 Newsletter** along with the winner's first name and city (Ex. Katelyn of Columbus, Ohio).

The winner will also receive **\$50 to spend at Dehydrate2Store.com/shop!**

