

# Beef Jerky

With *PMV* Cab Franc or Valdiguie

## Ingredients:

2 cups light soy sauce  
8 scallions, trimmed and cut into 3 inch lengths  
2 pounds beef top round  
3 tablespoons honey  
1 tablespoon Plus 1 teaspoon roasted chile paste  
1 tablespoon plus teaspoon fish sauce  
3 teaspoon minced garlic  
1 teaspoon red pepper flakes  
1 teaspoon minced thai chile  
Kosher salt  
3 tablespoons canola oil

## Directions:

In a large pot, combine 1 ½ cups of soy sauce, scallions, and 8 cups of water. Add beef and bring to a boil. Over high heat. Lower the heat to a simmer and cook, uncovered, for 1 ¼ hours. Remove pot from heat and remove the beef from liquid. Discard the liquid and let the beef cool to room temperature.

To make the cooking liquid, in a large bowl combine 1 cup of water, remaining ½ cup soy sauce, honey. Chile paste, fish sauce, 2 teaspoon of garlic, the red pepper flakes, thai chile paste and salt. Whisk to combine.

When the beef is cool, thinly slice the meat with the grain into 1/8 inch thick slices. Add the slices to the cooking liquid, toss to coat.

In a large sauté pan, heat the oil over medium heat. Add the remaining 1 teaspoon garlic and cook, stirring, for 15 seconds, until aromatic. Pour the beef and its marinade into the pan, decrease the heat to medium low, and cook, stirring occasionally, until the liquid has completely reduced and the beef is glazed with the marinade.

Set a wire rack on a baking sheet. Arrange the beef slices on the rack in a single layer. Let cool to room temperature. The finished texture will be moister than American jerky, but still chewy. The jerky will keep, tightly wrapped and refrigerated for 4 days.

\* Mat does the exact recipe with Duck Breast and it works incredibly well

\* Charles Phan Vietnamese Home Cooking