



Recetas de Jerky (Carne Seca) (Spanish Edition)

Ashley Andrews

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Introducción

¡El jerky es una botana rica en proteína que se puede ir comiendo, no se descompone y cuando se hacen en casa sabe absolutamente delicioso! Esto hace al jerky una botana popular para las mamás que quieren una alternativa a los bocadillos cargados de azúcar que los niños generalmente ansían y uno de los favoritos entre los mochileros que quieren empacar algo abundante y ligero. ¡Todos aman el jerky porque es divertido al masticar y lleno de sabor! Puedes hacerlo tú mismo y es significativamente más económico, y lo más importante, puedes utilizar carne de alta calidad y eliminar los sulfitos o nitratos.

Las recetas en este cuerpo son fáciles de seguir y pronto estarás combinando sabores y especias a tu manera. Recuerda divertirme experimentando para obtener justo el tipo de jerky que amas. Sin embargo, existen algunas cosas importantes que debes saber antes de empezar:

Escoge tu carne

Cada receta exigirá un corte de carne diferente, pero hay algunas reglas generales a seguir. Es mejor utilizar carne que sea magra. Desafortunadamente, la grasa causa que el jerky se eche a perder mucho más rápido vuelva así como que se vuelva rancio. Un poquito de grasa estará bien y todas las recetas te indican como recortar el exceso de grasa de la carne, pero asegúrate de evitar cortes con vetas de grasa de carne entera. También, asegúrate de usar carne fresca de buena calidad. Esto prolongará la caducidad de tu jerky e incrementará significativamente sus beneficios para la salud. Sin mencionar, que sabrá mejor – ¡y eso es importante!

Rebana tu carne

Cuando prepares tu carne, necesitaras rebanarla en tiras delgadas. Lo más delgado que tú rebanes es mejor. Usualmente alrededor de ¼ de pulgada de grueso. También todas las recetas indican que necesitas rebanar tu carne con el grano, pues es un factor muy importante en la fabricación de tu excepcional jerky. La carne tiene fibras musculares que

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