

Dehydrated Salmon Jerky



This jerky is perfect for on-the-go snacks, camping trips, or a protein boost after workouts.

Your Key Ingredient:

[NESCO Dehydrator](#)

Grocery Ingredients:

- 1 lb. fresh salmon fillet, skin removed
- 1/4 cup soy sauce (or tamari for gluten-free)
- 1 tbsp. honey or maple syrup
- 1 tbsp. rice vinegar
- 1 tbsp. Worcestershire sauce
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/2 tsp. smoked paprika
- 1/4 tsp. ground black pepper

- Optional: 1/4 tsp. red pepper flakes for a spicy kick

Instructions:

1. Slice the salmon into thin strips, about 1/4 inch thick. Aim for uniform thickness to ensure even drying.
2. In a medium bowl, whisk together soy sauce, honey, rice vinegar, Worcestershire sauce, garlic powder, onion powder, smoked paprika, black pepper, and red pepper flakes (if using).
3. Place salmon strips in the marinade, ensuring each piece is well coated. Cover and refrigerate for at least 4 hours or overnight for a deeper flavor.
4. Remove salmon from the marinade and pat dry with paper towels. Arrange the salmon strips in a single layer on the dehydrator trays, ensuring they don't overlap.
5. Set your NESCO Dehydrator to 160°F. Dry the salmon for 4-6 hours, or until it reaches your desired texture. Salmon jerky should be dry but still slightly pliable.
6. Once cool, store the jerky in an airtight container. For best freshness, keep in the refrigerator for up to 2 weeks, or freeze for longer storage.