

From "The Summer of Lao Beef Jerky at Rivoli"

By Saymoukda Duangphouxay Vongsay



Saymoukda by Catzie Vilayphonh

How to Make Lao Beef Jerky

Ingredients:

1 pound thinly sliced meat (flank preferred, but use whatever you have)
a few garlic cloves, finely chopped
1 stalk lemongrass, finely finely finely chopped
1 thumb ginger, finely chopped
1 tablespoon salt
1 tablespoon MSG (if you're brave and don't believe the racist
lies about MSG)
splash light soy sauce

Tools:

1 sharp knife
1 large metal bowl
1 cutting board
1 sister-in-law
1 daughter
1 brother-in-law
a generous slaughterhouse
a food dehydrator*

Directions:

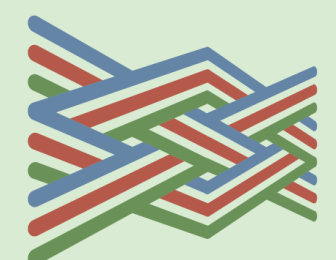
Massage all of the ingredients in the bowl. Laugh at your aunt's dumb jokes and the stories she's telling you about the pathetic men who said she was "too much trouble" because she was good at saying "no" and insisting she didn't need some boy from the village. You could let the meat marinate in a Tupperware container in the fridge overnight, or you could lay out the meat on the food dehydrator trays right away. Does it matter? What's the hurry? There is no rush to finish this task. Turn the temperature to whatever the manual for the food dehydrator tells you to for "meat." Wait six hours. Maybe more? Don't sit and wait for it. Go to bed. When the machine has dinged and you've lifted off the top, have Ziploc bags ready. Stuff the dried jerky into the bags. Collect them into the large metal mixing bowl your mom bought you as a housewarming present. Bring her the bowl of jerky-filled Ziploc bags and exclaim, You could eat this every day for years, Mom, and you'll never run out.

*You can also use your oven! Preheat oven to 175 degrees F (80 degrees C).
Line a baking sheet with aluminum foil and place a wire rack over the foil.
Bake beef in the preheated oven until dry and leathery, 3 to 4 hours.
(Cooking times will vary based on the thickness of your meat.)



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Join us in making "Lao Beef Jerky." Ingredients can be found at Seward Community Co-op!



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