

## Homemade Salmon Jerky: Savory, Sweet & Omega-3 Rich

Looking for a snack that's both incredibly flavorful and packed with healthy goodness? This



**TEMP**  
**165°F**

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**ChefManiac**

### INGREDIENTS

2 lbs salmon fillets, frozen and thawed (freezing helps with slicing)  
¾ cup soy sauce or liquid aminos (for umami and saltiness)  
¼ cup maple syrup (pure maple syrup for best flavor)  
1 teaspoon liquid smoke (adds that classic smoked jerky flavor)  
1 Tablespoon salt  
1 teaspoon black pepper

Swaps and Notes:

**Salmon:** Using skin-on salmon fillets is ideal, as the skin can be easily removed after thawing, leaving you with clean meat for jerky. Freezing the salmon partially or fully before slicing makes it much easier to cut into thin, uniform strips.

**Soy Sauce/Liquid Aminos:** Adjust the salt in the marinade to your preference, especially if using a higher sodium soy sauce. Tamari is a great gluten-free alternative.

**Maple Syrup:** You can experiment with other sweeteners like honey or brown sugar for a different sweet note, but maple syrup complements the smoky flavor beautifully.

**Liquid Smoke:** This is key for that characteristic jerky flavor. A little goes a long way!

**Spices:** Feel free to add a pinch of garlic powder, onion powder, or red pepper flakes to the marinade

for extra flavor or heat.

**Slicing Against the Grain:** Slicing against the grain ensures a tenderer, easier-to-chew jerky. Slicing with the grain will result in a tougher, stringier texture.

**Equipment:** While a dehydrator offers the most consistent results, an oven on its lowest setting with the door ajar can also work.

**Directions:**

**Prepare Salmon for Slicing:** Start by patting your thawed salmon fillets very dry with paper towels. Lay them skin-side down on a clean cutting board. Using a very sharp knife, carefully slice the salmon into strips about 3/8 to 1/2 inch wide. For that perfect jerky texture, it's best to slice against the grain of the fish. If your fillets are long, you can cut them in half lengthwise first.

**Marinate Salmon:** Transfer those tasty salmon strips to a large, shallow bowl or a re-sealable plastic bag. In a separate smaller bowl, whisk together the soy sauce (or liquid aminos), maple syrup, liquid smoke, salt, and black pepper until well combined. Pour this flavorful marinade over the salmon strips and gently toss everything together until each piece is well coated.

**Chill and Marinate:** Now, cover the bowl with a lid or some plastic wrap (or seal the bag) and let it marinate in the fridge for at least four hours. For the best flavor penetration and to develop that true jerky taste, it's even better if you can leave it to marinate overnight (up to 12-24 hours).

**Drain Excess Marinade:** When you're ready to dry the salmon, dump the marinated strips into a colander to drain off any excess liquid. You want the strips to be well-drained but not rinsed.

**Dehydrator Method:** If you're using a dehydrator, arrange the salmon strips on the trays in a single layer, ensuring no pieces are overlapping. This allows for proper air circulation and even drying. Set your dehydrator temperature to 165°F (74°C). Let them dry for 4 to 6 hours, or until they're fully dried out and have a leathery, chewy texture. Check them periodically for doneness.

**Oven Method:** For those who prefer the oven, lay the strips in a single layer on a wire cooling rack that's placed over a baking sheet (to catch any drips). Set your oven to its absolute lowest setting (often around 150-170°F or 65-77°C). To ensure proper airflow and to allow moisture to escape, prop the oven door open slightly with the handle of a wooden spoon or a heat-safe silicone hot pad. Keep an eye on them until they're completely dry through the center and have a chewy texture. This can take several hours, sometimes 4-8, depending on your oven and slice thickness.

**Store and Enjoy:** Once your jerky is done, let it cool completely to room temperature. This helps it firm up. Then, store it in airtight containers. For the best preservation of those heart-healthy omega fatty acids and to keep it fresh, it's highly recommended to keep your homemade salmon jerky in the refrigerator. Enjoy your tasty, homemade, and healthy snack!

**Tips for Success:**

**Freeze for Easier Slicing:** Partially freezing (or fully freezing and then thawing slightly) your salmon fillets makes them much firmer and easier to slice thinly and uniformly.

**Don't Rush Marinating:** The longer marinating time allows the flavors to truly penetrate the salmon, giving the jerky more depth.

**Drain Well:** Excess marinade can lead to a sticky, rather than chewy, jerky. Make sure to drain thoroughly.

**Even Thickness:** Uniformly sliced pieces will dry at the same rate, preventing some pieces from being over-dried while others are still moist.

**Check for Doneness:** Jerky should be pliable but not brittle, and no moisture should be visible when you bend or tear a piece. It shouldn't be soft or squishy in the center.

**Proper Storage:** Air is the enemy of jerky freshness. Store in truly airtight containers, and refrigerate for longevity.

**Serving Suggestions and Pairings:**

Hiking or camping trips

A post-workout snack

Adding to a charcuterie board for a unique twist

Crumbled over salads for a savory crunch (re-hydrate slightly if very dry)

My A Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!) for a fresh, protein-packed option.

## DIRECTIONS

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- 2. Marinate : Salmon:** Transfer those tasty salmon strips to a large, shallow bowl or a re-sealable plastic bag. In a separate smaller bowl, whisk together the soy sauce (or liquid aminos), maple syrup, liquid smoke, salt, and black pepper until well combined. Pour this flavorful marinade over the salmon strips and gently toss everything together until each piece is well coated.
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9. **Don't** : Rush Marinating: The longer marinating time allows the flavors to truly penetrate the salmon, giving the jerky more depth.
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11. **Even** : Thickness: Uniformly sliced pieces will dry at the same rate, preventing some pieces from being over-dried while others are still moist.
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13. **Proper** : Storage: Air is the enemy of jerky freshness. Store in truly airtight containers, and refrigerate for longevity.
14. **Serving Suggestions and Pairings**: This Homemade Salmon Jerky is a fantastic snack on its own, perfect for on-the-go or as a healthy bite between meals. It's also great for:
  15. Hiking or camping trips
  16. A post-workout snack
  17. Adding to a charcuterie board for a unique twist
  18. Crumbled over salads for a savory crunch (re-hydrate slightly if very dry)
  19. For other healthy and convenient snack ideas, you might also enjoy:
20. **My A** : Light, Tangy Chicken Salad I Actually Crave (and There's No Mayo in Sight!) for a fresh, protein-packed option.
21. **Or a refreshing glass of** : This Blueberry Lemonade is My Favorite Refreshing Drink for Sunny Days to wash it down.
22. **Storage and Leftover Tips**: The key to keeping your

Homemade Salmon Jerky fresh and safe is proper storage. Once completely dried and cooled, place it in an airtight container. To best preserve the omega-3 fatty acids and extend shelf life, store it in the refrigerator. It should last for several weeks this way. You can also freeze it for even longer storage (up to 3-6 months), thawing portions as needed.

23. More Recipes You Will Love: If you loved the wholesome and delicious nature of this salmon jerky, you'll definitely want to explore some of these other fantastic healthy snack and dessert recipes:
24. For a sweet no-bake craving, check out my : This Edible Cookie Dough is My Favorite No-Bake Treat for Late Night Cravings.
25. My These : No-Bake Monster Cookie Energy Balls Are My Favorite Snack to Keep on Hand are perfect for a quick energy boost.

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**More recipes: [ChefManiac.com](https://chefmaniac.com)**

Original recipe: <https://chefmaniac.com/homemade-salmon-jerky-savory-sweet-omega-3-rich/>