

Homemade Salmon Jerky: Sweet, Savory & Heart-Healthy Snack

Homemade Salmon Jerky: A Sweet, Savory & Heart-Healthy Snack Sensation



TIME
10-15 min

TEMP
165°F

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

2 lbs salmon fillets, frozen and thawed (skin on or off, but skin should be removed for jerky)
1/2 cup soy sauce or liquid aminos
1/4 cup maple syrup
1 teaspoon liquid smoke
1 Tablespoon salt
1 teaspoon black pepper

DIRECTIONS

- 1. Prepare the Salmon:** Start by patting your salmon fillets very dry with paper towels. If your fillets still have the skin on, carefully remove it using a sharp, flexible knife. Lay the salmon fillets flat on a cutting board. Using a sharp knife, cut the salmon into strips about 3/8 to 1/2 inch wide and roughly 3-4 inches long. It's crucial to slice against the grain of the salmon, as this helps achieve that perfect, chewy jerky texture.
- 2. Marinate the Salmon:** Transfer the sliced salmon strips to a large, shallow bowl or a resealable plastic bag. In a separate smaller bowl, whisk together the soy sauce (or liquid aminos), maple syrup, liquid smoke, 1 Tablespoon salt, and 1 teaspoon black pepper. Pour this flavorful marinade over the salmon strips and gently toss everything together, ensuring each piece is thoroughly coated.
- 3. Chill & Marinate:** Now, cover the bowl with a lid or secure the plastic bag. Let the salmon marinate in the refrigerator for at least four hours. For the best, most deeply infused flavor and texture, I highly recommend marinating it overnight if you can wait!
- 4. Drain Excess Liquid:** When you're ready to dry the salmon, dump the marinated strips into a colander or fine-mesh sieve to drain off any excess liquid. Allow them to drain for about 10-15 minutes. You can also lightly pat them dry again with paper towels if they still feel very wet.
- 5. Dehydrate (Dehydrator Method):** If you're using a dehydrator, arrange the salmon strips on the dehydrator trays in a single layer, ensuring there's space between each piece for optimal airflow. Set your

dehydrator's temperature to 165°F (74°C). Let them dry for 4 to 6 hours, or until they are fully dried out, firm, and have a chewy, leathery texture. The exact time will depend on the thickness of your salmon and your dehydrator model.

6. 6. Dehydrate (Oven Method): For those who prefer the oven method, lay the strips in a single layer on a wire cooling rack. Place the wire rack over a baking sheet to catch any drips. Set your oven to its lowest possible temperature setting (often around 170°F / 77°C or lower). To allow for airflow, prop the oven door open slightly with the handle of a wooden spoon or a heat-safe silicone spatula. This helps moisture escape. Aim to keep the internal oven temperature around 165°F (74°C). Keep a close eye on them; the drying time will vary but can be anywhere from 6 to 10+ hours, or until they're completely dry through the center and have a chewy texture. Flip them occasionally for even drying.
7. 7. Store: Once your jerky is done, let it cool completely to room temperature before storing. This prevents condensation and keeps it from getting soggy. Store the salmon jerky in airtight containers. For the best preservation of those heart-healthy omega fatty acids and to maintain freshness, always keep your salmon jerky in the refrigerator. Enjoy your tasty, homemade snack!

SWAPS & NOTES

Salmon Fillets: Using frozen and thawed salmon is often recommended for jerky as the freezing process can help firm up the fish, making it easier to slice thinly.

You can use skin-on or skin-off fillets, but the skin should always be removed before slicing for jerky.

Soy Sauce/Liquid Aminos: Both work great!

Liquid aminos are a popular gluten-free and often lower-sodium alternative to soy sauce.

TIPS FOR SUCCESS

Slice Against the Grain: This is crucial for tender, chewy jerky.

Slicing with the grain can make it stringy.

Thorough Drying: The key to good jerky is drying it completely.

If there's any moisture left, it can spoil.

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

Original recipe: <https://chefmaniac.com/homemade-salmon-jerky-sweet-savory-heart-healthy-snack/>