

Homemade Sugar-Free Salmon Jerky

Hands-on 20 minutes Overall 8 - 10 hours



Nutritional values (per serving, 3 slices): Total carbs: 0.7 g, Fiber: 0.1 g, **Net carbs: 0.6 g**,

Protein: 12.8 g, Fat: 5.1 g, Calories: 103 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes about 42 slices)

900 g raw salmon, ideally wild as it's leaner (2 lb)

1/3 cup [coconut aminos](#) (80 ml/ 2.7 fl oz)

1 tbsp [toasted sesame oil](#) (15 ml)

1 tbsp apple cider vinegar

1 tsp ground ginger or 2 tsp grated fresh ginger

1 tsp garlic powder

1/2 tsp sea salt

1 tsp cracked black pepper

Optional: 1-2 tsp [powdered Erythritol](#) or [Swerve](#)

Optional: for extra heat add a good pinch of paprika, cayenne pepper or chili flakes

Instructions

1. Preheat the oven to 60 °C/ 140 °F (fan assisted), or 80 °C/ 175 °F (conventional). If using a large fillet, remove any pin bones using tweezers. There shouldn't be any in fillets. Preferably use wild salmon as it's leaner and better for making jerky.
2. Remove the salmon skin using a sharp knife. (Reserve the skins and make salmon crisps in the oven!)
3. If using a large fillet: Using a sharp knife, slice long strips lengthwise (not across the width), about 1 cm (1/2 inch) thick and 8 - 10 cm (3 - 4 inch) long. If using fillets: You'll need to slice across the width but they may be a bit more fragile.
4. Prepare the marinade by mixing all the ingredients together in a bowl. (For extra heat add a good pinch of paprika, cayenne pepper or chili flakes. For extra sweetness add 1-2 tsp powdered low-carb sweetener.)
5. Add the salmon and marinade to a ziplock bag, carefully massage and place in the fridge for 8 - 10 hours or overnight. Option to place in a bowl and carefully mix well. Cover with foil and place in the fridge.

6. Grease a wire rack with a little oil to prevent sticking. Place the salmon jerky strips on the wire rack over a baking tray (the baking tray is to catch any drips and stop your oven from getting messy). Discard the excess marinade.
7. Dehydrate the jerky in the oven for 6 to 8 hours, or until crisp to your liking. All depends on how thick you made your salmon strips. Option to place in a dehydrator at the same temperature if you prefer.
8. Allow to cool before storing in an airtight glass Tupperware for up to 2 months, though mine didn't make it past 4 days before I'd demolished the lot!

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