

Low-Carb Homemade Turkey Jerky

Hands-on 20 minutes Overall 15 hours



Nutritional values (per serving, 2 slices, about 57 g/ 2 oz): Total carbs: 1.7 g, Fiber: 0.8 g,

Net carbs: 0.9 g, Protein: 31 g, Fat: 1.8 g, Calories: 147 kcal,

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

Ingredients (makes 8 servings, 16 slices)

- 1 kg turkey breast (2.2 lb)
- 3 tbsp coriander seed, blitzed
- 1 - 2 tsp sea salt
- 3/4 tbsp cracked black pepper
- 4 tbsp [coconut aminos](#) or tamari sauce (60 ml/ 2 fl oz)
- 2 tbsp apple cider vinegar (30 ml)

Optional (any or all of the following):

- 1 tbsp [Sukrin Gold](#) or golden Lakanto
- 2 tsp onion powder
- 2 tsp garlic powder
- 1 tsp paprika
- 1/3 tsp chilli powder

Instructions

1. Before slicing the turkey, place the turkey breast in the freezer for 20 - 30 minutes. This helps it firm up to make slicing easier.
2. When ready, slice the turkey into thin strips. I sliced mine about 1/2 cm (1/4 inch) thick. If you prefer you can ask your butcher to slice it for you. Slicing against the grain will create a turkey jerky that's easier to chew. (That's what I did.) Slicing with the grain will make it chewier and harder to break apart.
3. Place the coriander seeds in a blender and blitz until quite fine but still a touch coarse.
4. Prepare the marinade by mixing the blitzed coriander seeds, salt, pepper, coconut aminos and apple cider vinegar in a bowl and mix.
5. Add the turkey slices to a large bowl or baking tray and paste with the marinade. Make sure all the turkey is covered.
6. Cover with cling film and place in the fridge to cure for at least 8 hours, ideally overnight like I did.
7. When the meat is ready, preheat the oven to 60 °C/ 140 °F (fan

assisted), or 80 °C/ 175 °F (conventional). Lay the turkey slices on a heatproof wire rack with a baking tray underneath. This will collect any juice and stop your oven getting messy!

8. Dehydrate for 6 to 8 hours. The exact cooking time depends on the thickness of your slices. Mine was perfect at 7 hours.
9. The jerky is done when it's dry and sort of snaps when you bend it. Remove from the oven and allow to cool before storing.
10. Keep in a sealed glass jar or ziplock bag at room temperature for about 3 months — though I guarantee it won't last that long — says the twice-a-week girl!

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