

Bourbon Steak Bites

This recipe will make 3 medium trays*

[Live Life Simple's: Freeze Dried Steak and Lobster – A New Years Tradition?](#)

Ingredients:

3 lbs sirloin or lean steak (trim fat if necessary)

Garlic

Liquid aminos

1 oz bourbon



Directions:

1. Use a fork to tenderize the steaks, in a glass container, add marinade and then use your vacuum chamber sealers Marinade function. You can seal the meat in a vacuum sealer bag in the vacuum chamber.
2. If you do not have a chamber sealer, you can use a vacuum sealer and bag to marinate the meat too.
3. Grill until you reach medium rare, cover with a foil and let rest for 5-10 minutes. (Meat will not look the same when rehydrated... temp and taste is what is important, not the pink with myoglobin keeping it pink)
4. Slice the cooked steaks into thinner slices. Spread evenly across a parchment lined tray.
5. You can cover with a lid and freeze until solid, or go straight into the Freeze Dryer.
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

Cycle Time: 20 hours 34 minutes using 10.92 kWh of Electricity

Rehydration: Remember that the steaks were cooked to medium rare.

1. In a pan that will fit into your chamber vac, add steak slices, some broth, liquid aminos, garlic, 1 shot of bourbon, splash of sriracha, some worcestershire, spritz with some olive oil, and some water. Place in the chamber using Marinade function.
2. Seal the meat and marinade into a vacuum sealer bag.
3. Reheat and cook in a Sous Vide until meat gets to desired temp (I chose 130°F) (medium rare, medium, etc.) (About 10 minutes to just warm up)
4. Remove from vacuum sealer bag and enjoy



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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 4 Cups/Tray