

How To Make Pemmican

Ingredients

4 CUPS DRIED MEAT (ONLY DEER, MOOSE,
CARIBOU, OR BEEF)

3 CUPS DRIED FRUIT (CURRENTS, DATES,
APRICOTS, OR APPLES)

2 CUPS RENDERED FAT (ONLY BEEF FAT)

1 CUP UNSALTED NUTS (OPTIONAL)

1 TBSP OF HONEY (OPTIONAL)

Instructions

FIRST, DRY THE MEAT BY SPREADING IT THINLY ON A COOKIE SHEET. DRY AT 180° OVERNIGHT, OR UNTIL CRISPY AND SINEWY.

WITH THE MORTAR AND PESTLE, GRIND THE DRIED MEAT INTO A POWDER.

ADD THE DRIED FRUIT AND GRIND ACCORDINGLY, LEAVING SOME LARGER FRUIT CHUNKS TO HELP BIND THE MIXTURE.

CUT THE BEEF FAT INTO CHUNKS.

HEAT THE STOVE TO MEDIUM, AND COOK THE BEEF UNTIL IT TURNS TO TALLOW (RENDERED FAT).

STIR THE FAT INTO THE POWDERED MEAT AND FRUIT MIXTURE.

ADD NUTS AND HONEY TO IMPROVE TASTE (OPTIONAL)

SHAPE PEMMICAN INTO BALLS OR BARS FOR EASY AND QUICK CONSUMPTION. WE RECOMMEND WRAPPING INDIVIDUAL SERVINGS IN WAX PAPER OR STORING IN PLASTIC BAGS.