Chicken Breast Jerky: Savoury Dried Meat Snack

Slowly dried at low heat for a tender and pliable texture



PREP	COOK	TOTAL	SERVES	CALORIES
30 min	2 hr 30 min	16 hr	6 servings	110 kcal

Ingredients

- 1 lb boneless, skinless chicken breast
- 1/4 cup low-sodium soy sauce
- 2 tbsp honey, halal certified
- 1 tbsp rice vinegar
- 1 tbsp Sriracha sauce, halal
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground black pepper
- 1/2 tsp crushed red pepper flakes
- 1 tsp freshly grated ginger
- 1 tsp salt, optional or for a 10-minute brine
- 1 tbsp extra-virgin olive oil, for drying
- 1 cup cold water, for optional 10-minute brine

Instructions

1. Prepare and firm meat: Pre-heat your oven to 163°C (325°F). Pat the chicken breasts dry and chill them in the refrigerator for 20 min. This firms the meat so you can slice it evenly.
2. Flash-freeze the breasts: Spread the chilled breasts on a baking sheet. Place them in the freezer for 45–60 min until they are firm but not fully frozen. This allows for precise, thin cuts.
3. Slice the chicken: Slice the frozen breasts across the grain into strips 1–6 mm (1/8–1/4") thick. Lay the strips on parchment-lined racks. Slicing across the grain ensures the finished jerky is tender.

4. Whisk the marinade: Combine soy sauce, honey, rice vinegar, Sriracha, garlic powder, onion powder, black pepper, red pepper flakes, grated ginger, and salt in a bowl. Whisk until smooth. This creates a savoury, balanced flavour profile.
5. Marinate the strips: Place strips in a zip-lock bag or dish and pour over the marinade. Refrigerate for at least 12 hrs, though 24 hrs is recommended for deeper flavour. You may soak breasts in a salt-water brine for 10 min first for safety.
6. Dry the meat: Remove strips from the marinade and pat them dry with paper towels. Let them sit at room temperature for 10 min. This removes residual moisture so the meat dries faster in the oven.
7. Arrange and oil: Place strips on wire racks of a baking sheet and drizzle lightly with olive oil. Put the sheet in the pre-heated oven. If using a dehydrator, set the temperature to 71°C (160°F).
8. Bake and check: Bake for 1 ¡/2 hrs, flip the strips, and bake for another 1 hr. Use a thermometer to confirm the core reaches 74°C (165°F). The jerky is done when it is leathery and pliable without surface moisture.

Notes

How it differs from the traditional methodThis low-heat oven method ensures the chicken reaches a safe internal temperature of 165°F (74°C) while maintaining a juicy texture. Traditional air-drying takes longer and carries higher risks. Use a professional dehydrator if you prefer a more uniform, bone-dry consistency for very long-term storage.

What to serve with itPresent the strips on a charcuterie board with pickled cucumbers, almonds, and a drizzle of balsamic glaze. You can also add the jerky to a fresh Greek salad for extra protein. For a spicy alternative, break the pieces and toss them with smoked paprika and sea salt.