



Reduced Salt / No Saltpetre Bacon Cure

Cure Ingredients

750g Table salt

250g Demerara Sugar

1Tbs Carraway Seed

1Tbs Green Peppercorns

2Tbs Cinnamon

Method

1. Grind the spices to a powder
2. Add the spices, sugar and salt together. Mix or grind together
3. Store your cure in an airtight jar
4. Cut your pork to fit your storage box or bag, removing the rind if desired
5. Weigh the pork. Use 60g of cure per kilo of pork
6. Apply the cure 75% to the flesh side of the pork and 25% to the skin side
7. Measure the pork at the thickest point
8. Calculate cure time as two days plus one day for each half inch of thickness.
9. Cure the pork refrigerated turning each day.
10. After curing pour off any liquid and thoroughly rinse the meat
11. Set the meat to air cure in the fridge on a wire rack for 7 days
12. Smoke your cuts of meat (optional)
13. Slice your meat
14. Pack your meat and refrigerate for short term use or freeze