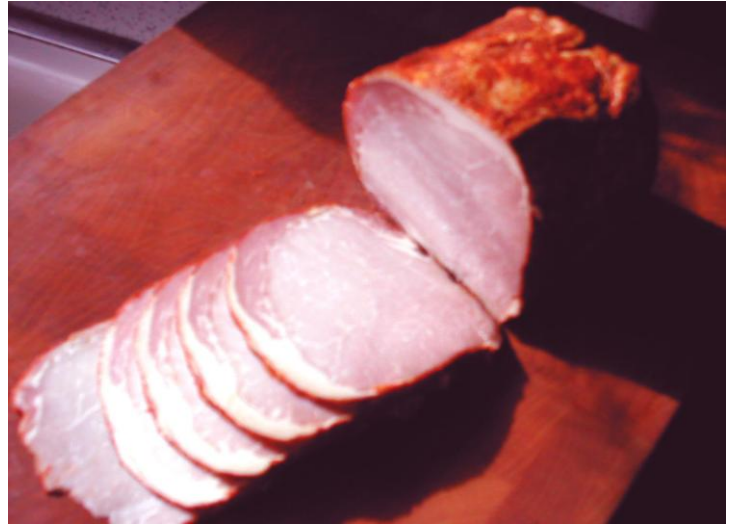


Canadian-style Bacon

This brine will cure about 2 pounds of meat, multiply as needed.

U. S.	Ingredient	Metric	
2.2 lb.	Pork loin	1000.0 g	
	BRINE SOLUTION		Percent
1 gal.	Bottled water	3.8 liters	76.46
1 lb.	Brown sugar	454 .0 g	12.00
10 oz.	Salt	285.0 g	7.50
2 oz.	Black peppercorns	56.0 g	1.50
2 oz.	Ground fenugreek	56.0 g	1.50
1 oz.	Juniper berries	28.00 g	0.75
½ oz.	Prague powder #1*	14.2 g	0.38
1 tsp.	Parsley	0.5 g	0.01
1 tsp.	Thyme	0.5 g	0.01
1 tsp.	Rosemary	0.4 g	0.01
2	Bay leaves	0.3 g	0.01



** 1 gallon of brine contains 185 PPM of sodium nitrite*

Formulation based on Metric Measurements, U.S. Measurements are approximate!

Method:

1. Bring the water, salt and sugar to a boil and stir to dissolve thoroughly. Remove from heat.
2. Place the parsley, thyme and rosemary sachet bag.
3. Add everything else but the Prague powder. Cool
4. Add Prague powder and stir to dissolve.
5. Add the pork loin, making sure the meat is submerged in the brine..

I don't pump the meat. I let the pork sit in the brine in a cool spot in the fridge for about 10 days. I then soak the meat in ice water for an hour, dry it and smoke ((@ 180°F to an internal temperature of about 155°F) for about 4 hours. The fenugreek gives the brine a faint maple bouquet. Some say it doesn't add to the taste, I think different.

Glenn Shapley - Santa Rosa, California

Copyright © - (All rights reserved), October 2002