

Honey Cured Bacon

U.S.	Ingredient	Metric
10 lb.	Pork belly	4540.0 g
1 cup	Honey	360.0 g
¾ cup	Salt	200.0 g
1 cup	Sugar, Brown, packed	200.0 g
3 Tbs.	Liquid smoke	45.0 ml
1 Tbs.	Cure #1	21.0 g

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



Smoked and ready to trim



Un-cured pork belly



Cure applied and ready to chill

Method:

1. Chill the pork belly to 40°F (4.5°C).
2. Lay the belly in food-grade container or plastic bag and “paint” the meat side with the liquid smoke;
3. Rub about 90% in the salt, sugar, and cure into the meat side of the belly; rub the remaining 10% over the skin.
4. After dry ingredients are well rubbed-in, work in the honey (on the meat side), spreading it all over the surface (rubber gloves helps here!).
5. Cover or seal container and refrigerate at 40°F (4.5°C) for 7 days. Rotate belly every 2 days or so.
6. Remove cured bacon from the container and rinse off any brine that has accumulated. It may be necessary to cut the belly in half to fit high enough from the heat source in the smoker; insert bacon hooks to suspend the bacon.
7. Allow to dry well before placing in the smoker; gradually raise smoker temperature to about 130°F (54°C) and smoke for 3 hours then increase temperature to 170°F (77°C) until the internal temperature of the bacon is 130°F (54°C).
8. Skin the bacon, and leaving as much of the fat as possible.
9. Chill well for ease of slicing.

Len Poli Glenn Shapley – Sonoma, California
Copyright © - (All rights reserved) – May 2003