

Carne Salata or Carne nel Bigoncio (Meat in the tub) – Lucca, Tuscany

A salted prosciutto made from the pork cushion (boned out picnic ham)

U.S.	Ingredient	Metric	Percent
5½ lb.	Pork Cushion	2500.0 g	94.00
3 Tbs.	Salt	66.0 g	2.50
2½ Tbs.	Sugar	33.0 g	1.25
2½ Tbs.	Garlic powder	21.0 g	0.80
5 tsp.	Pepper	10.0 g	0.37
1 tsp.	Cure #2	6.5 g	0.25
5 tsp.	Rosemary, dry	6.5 g	0.25
2½ tsp.	Coriander seed	4.5 g	0.17
2 tsp.	Nutmeg	4.5 g	0.15
2 tsp.	Mace	3.5 g	0.12
½ tsp.	Cinnamon	1.0 g	0.05
½ tsp.	Clove	1.0 g	0.05



5¾ lb. ← Total → 2.6 Kg 100%

This formulation is based on metric measures; U.S. measures are approximate!

Spiced and Cured

Soaked and Rinsed



Method:

1. Use pork cushions and cut them into approximately 400-500 gram pieces.
2. Combine the dry ingredients, place in a spice mill, and grind to a coarse consistency
3. Rub the ground spices and cure mixture into the meat without adding any water.
4. Arrange the rubbed meat in layers (in a glass or plastic container or wooden tub) and cover tightly.
5. Refrigerate the meat for 5 days; as time progresses, a brine will form; do not drain it off, but rotate the meat every 24 hours!
6. Remove the meat from the container, discard the brine and soak the meat in fresh water for 10 minutes, scrubbing off all traces of the spices.
7. The salted meat is placed in ham stockings or nets and is aged for 15 days at 55°F (13°C) at 60% R/H.
8. After the 15 days, it can be sliced and used as you would any prosciutto.

Recipe by Len Poli – Sonoma, California

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