

Carne Salada – Italian Style “Corned Beef”

The carne salada is a specialty of Northern Italy; it can be served raw, cooked or smoked.

Raw: It is cut thin like carpaccio and drizzled with a stream of extra virgin olive oil, and with a few ultra-thin slices lemon or chopped capers; or Parmesan cheese and arugula.

Cooked: The slices are cut a little thicker and tossed in hot frying pan for a minute and served with braised onions and borlotti beans.

Smoked: Cold smoke the meat for 12 hours and slice thin and serve as above.



U.S.	Ingredient	Metric	Percent
4½ lb.	Beef rump	2000.0 g	94.60
5 Tbs.	Tender Quick	70.0 g	3.31
4¾ tsp.	Black Pepper, coarse	30.0 g	1.42
2 tsp.	Garlic, powder	6.0 g	0.28
2 tsp.	Rosemary, dry	3.0 g	0.14
2¾ tsp.	Sage, ground, dry	2.0 g	0.09
2¾ tsp.	Bay leaves, ground	1.6 g	0.08
½ tsp.	Juniper berries, ground	0.8 g	0.07
3 cups	Water	750.0 ml	0.00
3 cups	White wine	750.0 ml	0.00

4½ lb. ← Totals → 2 kg 100%

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

Method:



"Carne Salada" is made from beef rump. The meat is cleaned of all fat and sinew and cut into compact pieces about 1 or 2 kilograms each. They are then rubbed with a mixture consisting of the above dry ingredients. Let the meat rest under refrigerator for several hours and then place it in a food grade container, in such way that there are no air pockets between the pieces. Add the brine and the weight meat. Allow it to cure for 12 days between the 6-8 centigrade degrees. On the twelfth day drain the brine and add white wine until the meat is covered and refrigerate for 1 more day. Drain the meat, pat dry and store under refrigeration (uncovered for the first 24 hours). The meat should be consumed within 30 days from production.

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