

Honey Loaf – A Wonderful Tasting Pork Luncheon Meat

U.S.	Ingredient	Metric
4½ lb.	Pork butt (80/20)	2050.0 g
½ lb.	Pork fat	225.0 g
½ cup	Honey	125.0 ml
1 cup	Non fat dry milk	100.0 g
5 tsp.	Salt	37.0 g
1 Tbs.	Sugar	13.0 g
1 Tbs.	Sodium phosphates	12.0 g
4 tsp.	Pepper, white, ground	10.0 g
1½ tsp.	MSG (optional)	6.2 g
1 tsp.	Cure#1	6.0 g
1 tsp.	Onion powder	2.5 g
½ tsp.	Sodium erythorbate	2.3 g
½ tsp.	Nutmeg	1.0 g
1 cup	Water, iced	230.0 g
	Waterproof casing	
6¼ lb.	← Totals →	2.8 Kg



Note: Use metric weight and volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurement.

Procedure:

1. Chill pork meat and fat to just above freezing and grind then through ¼ inch (6mm) plate.
2. Mix the meat and fat with the honey and ice water.
3. Add all dry ingredients to spice grinder and pulverize to a fine powder
4. Sprinkle the dry ingredients over the meat paste and mix in well.
5. Refrigerate for 4 hours. (24 hours if you leave out the erythorbate)
6. Stuff paste into a rectangular mold or suitable waterproof casing.
7. Poach at 180°F (82°C) water to an internal 160°F. (71°C)...About 3 hours.
8. Immerse in ice water for 30 minutes to cool down rapidly.
9. Refrigerate until well cooled, then un-mold.

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