Page 1 of 2 Lendenspeck – Smoked and Dried Pork Loin and Bacon Roll

Similar to the Kutas recipe for Shinkenspeck

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U.S.	Ingredient	Metric	Percent
6 lb.	Pork belly & loin	2725.0 g	89.344
1/3 cup	Salt	125.0 g	4.098
$^{3}\!4$ cup	Glucose	125.0 g	4.098
3 Tbs.	Liquid smoke	45.0 ml	1.475
2 Tbs.	Pepper, white	16.0 g	0.525
1¼ tsp.	Cure #2	8.0 g	0.262
15 each	Juniper berries	5.0 g	0.164
1 each	Bay leaf	1.0 g	0.033
6¾ lb.	← Totals →	3.0 Kg	100%
Binder			
6 lb.	Meat weight	2725.0 g	Percent
2 Tbs.	Salt	44.0 g	1.61
4 Tbs.	AmesPhosphate	15.0 g	0.55

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

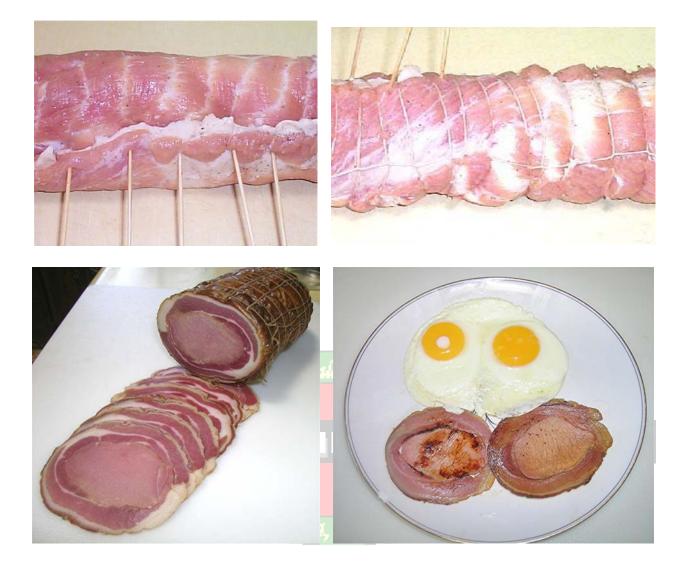


Method:

- 1. Chill the pork belly and the loin to 40° F (4.5°C).
- 2. Trim the belly to match the length and diameter of the piece of loin
- 3. Prepare the curing mixture by placing the following in a spice mill and pulverize them: salt, glucose, cure, juniper berries, pepper and bay leaves.
- 4. Lay the belly in food-grade container or plastic bag and "paint" the meat side with the ¹/₂ of the liquid smoke and rub about 50% in the curing mixture into the meat side of the belly.
- 5. Trim the loin into a neat cylinder, removing any fat remaining on the surface and "paint" it with the remaining $\frac{1}{2}$ of the liquid smoke then rub the remaining 50% curing mixture over the surface of the loin.
- 6. Cover or seal container and refrigerate at 40° F (4.5°C) for 7 days. Rotate meats every 2 days.
- 7. Remove cured meat from the container and rinse off any brine and spices that have accumulated on the meats' surface.
- 8. Soak the loin in cold water for one hour to remove any excess salt.
- 9. Allow to dry well before attempting to roll them together.
- 10. Scarify the surface of the loin and the meat side of the belly with an instrument like a "cheese rasp" or a sterile sheetrock rasp.
- 11. Take the additional salt and phosphates and pulverize them in a spice mill and dust the surface of both the loin and belly with this mixture.
- 12. Now get the rasp and using a mister with water, lightly spray the surface of the meats and "work" the surface with the rasp.
- 13. Wrap the bacon, fat side out, around the loin. Note: skewers may be helpful for this part of the process by stabilizing the roll while you tie it every 3 inches along the length, much like you would tie large salami.
- 14. Take a piece of 105 mm x 60 cm collagen casing, split it down one side, soak it and wrap the whole package, tying it in 3 or 4 places.

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- 15. After tying, slip over a length of elastic cotton netting to help maintain the nice round shape.
- 16. The tied roll should hang for 6 hours in 20°C (68°F). Allow it to dry well before placing in the smoker.
- 17. Place the lendenspeck in a smoker and cold smoke at about 30°C (86°F) for 30 minutes.
- 18. Raise the temperature to about 50°C (122°F) and smoke for 3 hours. During smoking rotate it so it smokes evenly.
- 19. Final smoking at 82°C (180°F) until a thermometer placed into the center of the roll reads 63°C (140°F).
- 20. Allow to cool at room temperature; hang the roll in about 14°C (57°F) for 30-40 days (or until the roll weighs about 75% of initial weight).
- 21. Lendenspeck can be served like American or Canadian bacon with fried with eggs, etc. (Note: Upon cooking the loin will separate from the bacon because the bacon shrinks when cooked but the loin does not shrink as much.)
- 22. Alternately, since it is dry cured you can slice it very thin (like prosciutto) and use it to make sandwiches (without cooking it).



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