

## Mild Maple Cured Ham

U.S. Measurement	Ingredient	Metric Measurement
5 pounds	Pork*	2.27 Kilograms
2½ quarts	Water	2.8 liters
4 Tablespoons	Salt	88.0 grams
7 Tablespoons	Maple-flavored Sugar	84.0 grams
2 Tablespoons	Cure #1	34.2 grams
1 Tablespoon	Liquid Smoke	15 milliliters
1 Tablespoon	Shenk's Maple Flavor	15 milliliters

\*you could use hams, butts, cushions, loins, or picnics

Note: Maple flavor available from [Shenk's](#); Maple Sugar available from [Butcher-Packer](#).



### Method:

1. Use bottled water or boil tap water with the salt and sugar. Allow to cool and add the cure, liquid smoke, and maple flavor.
2. Cut the pork into the size chunks that are appropriate for your needs.
3. Pump the meat with brine until they just start to plump up. Allow to remain in the brine in the refrigerator for ten days.
4. Rinse the pork just enough to remove coagulated protein.
5. Stuff into netting, hang, and allow them to drain at room temperature until drip-dried.
6. Place in smoker preheated to 130°F and heat to an internal temperature of 100°F or until dry.
7. Increase the heat in the smoker to 175°F and smoke to an internal temperature of 150°F. (See discussion).
8. Cool overnight in the refrigerator before bagging and freezing.

Discussion: I smoked the meat all day and they just got to an internal temperature of 120°F. I kept them in the refrigerator overnight and the next day, I placed them on racks in the oven [which I can regulate to 175°F]. The pork was cooked to an internal temperature of 150°F (About 4 hours). This works well if you have time constraints with your smoker.



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