

# Pancetta - Wet Cured

U.S.	Ingredient	Metric
7 lb.	Pork belly	3000.0 g
<b>Brine</b>		
5 qt.	Water	4706.0 g
1 cup	Salt	352.0 g
1 cup	Sucrose	226.8 g
1-2/3 teas.	Prague Powder #1*	9.5 g
<b>Spices</b>		
2 Tbs.	White pepper	14.0 g
1 Tbs.	Garlic, Powdered	10.0 g
1 Tbs.	Mace	5.1 g
1 Tbs.	Coriander, ground	5.5 g
1 Tbs.	Rosemary, dry	3.0 g
1 tsp.	Nutmeg	2.2 g

\*This brine contains 112 PPM of nitrite – 120 PPM allowed –  
USDA does not allow nitrates in bacon.

## Method:

1. Mix salt, sugar and cure; then pulverize them in spice grinder.
2. Add the mix to the water and dissolve completely.
3. Remove the skin and trim the belly to square it up.
4. Place the belly in a food grade container and add the brine.
5. Place container under refrigeration (40°F – 4.4°C); for this amount of belly, 2 days in the brine is sufficient-turn over the slab daily, however.
6. Rinse off the belly and allow it “drip-dry” at 55°F [12.7°C] for 24 hours.
7. Prepare the spices by pulverizing them in the spice grinder.
8. Dust the meat side of the belly with the spices. Using latex gloves, rub the curing mixture vigorously into the meat.
9. Hang the belly on bacon hooks and age for 7 days at 45-50°F [7.2-10°C].
10. Scrub off the spices under gently running water with a plastic sponge
11. Roll each belly piece into a tight roll and place in the casing. Tie the pancetta with sausage twine around the circumference every 3/4 inch or so to make a neat firm log something like >000000000<.



12. Age for 14 days at 5<sup>5</sup>°F and 50%RH.
13. Refrigerate and use any time after this date.