

Pea Meal Bacon - Canadian Style Bacon

U.S.	Ingredient	Metric	
5 lb.	Pork loin	2270.0 g	
	BRINE SOLUTION		Percent
2 qt.	Ice water	2000.0 g	91.46
5 Tbs.	Salt	110.0 g	5.50
3 Tbs.	Sugar	39.0 g	2.00
1 Tbs.	Hickory smoke, liquid	15.0 g	0.75
1 tsp.	Cure #1*	5.8 g	0.29

5 lb. ← Totals → 2.3 Kg 100%

*2 quarts of brine contain 146 PPM sodium nitrite

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

Method:

1. Make a curing pickle by dissolving all the ingredients in water and chill to 38°F.
2. Inject the loins with a 10% pump.
3. Place loin in a plastic bag or container and add the remaining pickle.
4. Place it into the refrigerator for 3 days.
5. Wash the loin under cold water. Allow to dry slightly at room temperature.
6. Rub the entire surface of the loin with coarse corn meal; chill in the refrigerator. Repeat if a thicker crust of cornmeal is desired.
7. Unlike American style Canadian bacon, pea meal bacon is not smoked but sliced and fried.



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