

Lamb Prosciutto

U.S.	Ingredient	Metric	Percent
4.46 lb	½ leg of lamb(after trimming)	2023.0 g	91.33
½ cup	kosher salt	100.0 g	4.5
¼ cup	sugar	70.0 g	3.16
4¾ tsp.	black pepper (coarsely ground)	10.0 g	0.45
1 tsp.	fresh rosemary (coarsely chopped)	8.0 g	0.36
2/3 tsp.	cure #2	4.0 g	0.18
4.88 lb.	← Totals →	2.2 Kg	100%



Method:

Hey Len, here is the recipe.

1. I used a bone in ½ leg of lamb. My wet weight after trimming was 4.46lbs
2. Make a mixture of the following:
3. Trim up the leg to remove heavy pockets of fat and sinew.
4. Spread ½ the mixture on the leg and message it in well;
5. Put the leg in a Tupperware in the fridge for 21 days.
6. Spread 2nd half of the mixture (message it in well, also) and put back in the fridge for another 12 days.
7. Rinse the leg and let it sit in cold water for 1.5 hours, changing the water every 30 minutes.
8. Hang at 50°F and 70-75% RH for about 45 days.
9. It should lose about 40-50% of its wet weight.
10. Slice very thinly.

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