

“Italian Style” Bacon

This can be used for belly, buckboard, or Canadian

Start with EQ cure calculator for correct amount of salt, sugar, and cure #1

(per lb. of meat)-

Add:

½ teaspoon black pepper

½ teaspoon crushed fennel

½ teaspoon minced garlic

½ teaspoon of red pepper flakes (adjust to taste)

Personally, I mix everything in the cure except for the minced garlic at the beginning. I then place the meat into a tupperware that is close to the size of the piece of meat and add the cure, flipping it around in the tupperware. I also add the minced garlic at this time and mix it in some more, flipping and turning.

I place the meat into a ziploc bag and put it on a cookie sheet and place it into the refrigerator for 7-14 days depending on the size/thickness of the meat.

After curing, pull from the ziploc bag and place on cookie rack overnight to form pellicle (smoke will adhere to the meat). Hot or cold smoke to your liking. After smoke, allow to mellow in the refrigerator for your preferred amount of time.