



## General Purpose Curing Salt (FOR COOKED PRODUCTS) Instructions

This curing salt is a mixture of salt and Sodium Nitrite cure at the correct proportions (0.6% Sodium Nitrite) such that it may be used as a direct replacement for the salt and cure in any Dry Cure Recipe. We believe that this is a much safer way to dry cure as you cannot easily use too much cure, the result would be SO salty it would be inedible before it even came close to being dangerous to eat.

For instance, if your curing recipe calls for 100g of salt and 10g of Cure #1 then simply replace these two with 110g total of our premixed cure and follow the rest of the instructions in your recipe.

If you want to create your own recipe then use between 22g and 30g of cure per kilo of meat depending on your taste, you can then add other ingredients such as sugar (maximum 15g per kilo recommended) and spices, herbs etc. to create your own flavours. Once you have your recipe:

1. Weigh the meat and calculate the cure amount needed, rub the cure thoroughly over the meat ensuring that all areas are coated evenly. It is best to wear food preparation gloves (to avoid contamination and to protect your skin).
2. Place the meat into a non-reactive container (glass or food grade plastic – NOT metal) or for best results use a zip-lock food bag or vacuum pack if you have one.
3. Store in a refrigerator at 2-4°C turning daily and basting with any liquid that may have accumulated. If in a zip-lock or vacuum bag this can be done by simply “massaging” the liquid around the bag.
4. The time for curing should be calculated as follows:- As a rule of thumb cure for 2 days per inch thickness plus 2 days. So if you have a three inch thick piece of pork loin to turn into bacon –  $2 \times 3 + 2 = 8$  days. If curing a piece of pork with the skin left on then multiply the final figure by 1.5 as the cure does not penetrate skin as quickly. When measuring thickness, always round up to the nearest inch.
5. After curing is complete remove the meat from the cure and dry thoroughly (there is no need to rinse the meat at this point unless you have used any additional herbs or spices and wish to remove visible traces of them).
6. It is best to store large pieces of meat for 2-3 days in the fridge at this point to allow the cure to “equalise” before cooking. Anything smaller than 1kg in weight, you can skip this step.

**All meats cured with this product MUST be fully cooked before consumption. If you want to make an air-dried meat for consumption without cooking (i.e. salami or prosciutto type product) then a different cure should be used, see the website for details.**

If you have any questions or if you are unsure about any of the instructions then please email us at [surfy@homecuring.co.uk](mailto:surfy@homecuring.co.uk)