



Lonzino Cure Instructions

Lonzino is made from Pork loin, trimmed so that just the eye of the loin (and a little bit of the fat if desired) remains.

Traditionally in Italy all curing and air drying was done during the autumn and winter months. Unless you have a temperature controlled curing and maturing environment, we would recommend that you ONLY attempt this type of project during the colder months.

1. Trim the loin as described above, then weigh each one and make a note of the weight. Take the weight in grams and multiply this by 0.064 to give the amount of cure to be used (use a calculator to avoid mistakes and double check). For example if the meat weighs 2500 grams: $2500 \times 0.064 = 160$ so you would use 160 grams of cure (round up or down to the nearest gram unless your scales are capable of measuring fractions of a gram).
2. Rub the meat with the cure mixture ensuring that the entire surface of the meat is properly coated.
3. Wrap the meat and curing mixture tightly in cling film or seal in a Ziploc bag or seal in a vacuum bag (if you have a vacuum sealer machine) and leave in the refrigerator for 10 days, turning and massaging gently every day
4. After the curing period is over, unwrap the meat and dry thoroughly.
5. Tie the loin tightly with butcher's twine ready for hanging.
6. Hang the lonzino in a warm room for 24 hours. This may sound odd but it is an important step which encourages the growth of friendly lactic acid bacteria.
7. Hang the lonzino for a minimum of 14 days (for small pieces) and up to 6 weeks (for larger pieces) at between 5 and 15 degrees Celsius with a 70% relative humidity, A traditional cellar is ideal or you could use an out-house or un-heated utility room/garage. The lonzino will be ready to eat when it has lost between 30-35% of its starting weight (the one you made a note of earlier).

N.B. It is not unusual for mould to appear on the surface of the lonzino during the hanging stage, a white mould is generally considered to be beneficial and can be left, any other colours should be wiped off with a clean cloth soaked with vinegar.

VARIATIONS

Replace step 6 with: Cold smoke for 24 hours with oak, beech or hickory.

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