



Traditional Ham and Bacon Cure Instructions

The following method can be used to cure virtually any meat i.e. pork (obviously), chicken & other poultry/game birds (breast recommended), beef, lamb, venison etc.

This cure has been designed as an “equalisation” type dry cure; this means that at the end of the curing period its curing capacity will be completely used up therefore it is important that it is used according to the following calculations for the amount of cure to be used. It also means that if the meat is left in the cure for a few days longer than recommended there will be no adverse effects.

If you want to add any additional flavourings, herbs or spices then you can do so but you should add the combined weight of these to that of the meat before calculating the amount of cure to be used. You may add liquid flavourings but these should be limited to 10% of the meat weight MAXIMUM and these too should be added to the meat weight before calculation.

1. Weigh the meat to be cured. Take the weight in grams and multiply this by 0.0335 to give the amount of cure to be used (use a calculator to avoid mistakes and double check). For example if the meat weighs 575 grams: $575 \times 0.0335 = 19.2625$ so you should use 19 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 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).
3. 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.
4. 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.
5. 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.
6. 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).
7. It is best to store the meat for 2-3 days in the fridge at this point to allow the cure to “equalise” before cooking.

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, contact us 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