Carne Salata or Carne nel Bigoncio (Meat in the tub) – Lucca, Tuscany A salted prosciutto made from the pork cushion (boned out picnic ham)

U.S.	Ingredient	Metric	Percent
5½ lb.	Pork Cushion	2500.0 g	94.00
3 Tbs.	Salt	66.0 g	2.50
2½ Tbs.	Sugar	33.0 g	1.25
2½ Tbs.	Garlic powder	21.0 g	0.80
5 tsp.	Pepper	10.0 g	0.37
1 tsp.	Cure #2	6.5 g	0.25
5 tsp.	Rosemary, dry	6.5 g	0.25
$2\frac{1}{2}$ tsp.	Coriander seed	4.5 g	0.17
2 tsp.	Nutmeg	4.5 g	0.15
2 tsp.	Mace	3.5 g	0.12
½ tsp.	Cinnamon	1.0 g	0.05
½ tsp.	Clove	1.0 g	0.05



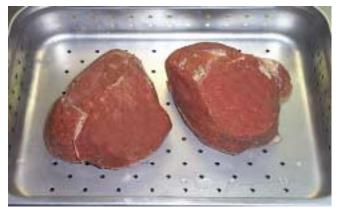
 $5\frac{3}{4}$ lb. \leftarrow Total \rightarrow 2.6 Kg 100%

This formulation is based on metric measures; U.S. measures are approximate!

Spiced and Cured







Method:

- 1. Use pork cushions and cut them into approximately 400-500 gram pieces.
- 2. Combine the dry ingredients, place in a spice mill, and grind to a coarse consistency
- 3. Rub the ground spices and cure mixture into the meat without adding any water.
- 4. Arrange the rubbed meat in layers (in a glass or plastic container or wooden tub) and cover tightly.
- 5. Refrigerate the meat for 5 days; as time progresses, a brine will form; do not drain it off, but rotate the meat every 24 hours!
- 6. Remove the meat from the container, discard the brine and soak the meat in fresh water for 10 minutes, scrubbing off all traces of the spices.
- 7. The salted meat is placed in ham stockings or nets and is aged for 15 days at 55°F (13°C) at 60% R/H.
- 8. After the 15 days, it can be sliced and used as you would any prosciutto.

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