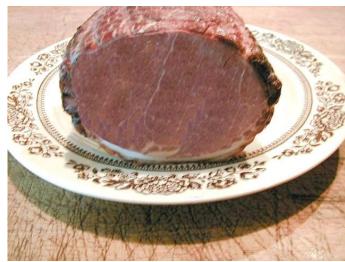
## Mild Maple Cured Ham

U.S.  Measurement 5 pounds 2½ quarts 4 Tablespoons 7 Tablespoons 2 Tablespoons	Ingredient  Pork*  Water  Salt  Maple-flavored Sugar  Cure #1	Metric Measurement 2.27 Kilograms 2.8 liters 88.0 grams 84.0 grams 34.2 grams
2 Tablespoons 1 Tablespoon	Cure #1 Liquid Smoke	34.2 grams 15 milliliters
1 Tablespoon	Shenk's Maple Flavor	15 milliliters



<sup>\*</sup>you could use hams, butts, cushions, loins, or picnics

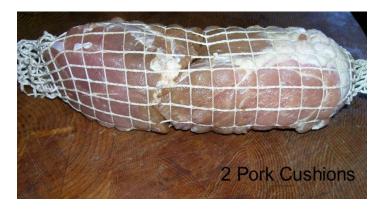
Note: Maple flavor available from Shenk's; Maple Sugar available from Butcher-Packer.

## **Method:**

- 1. Use bottled water or boil tap water with the salt and sugar. Allow to cool and add the cure, liquid smoke, and maple flavor.
- 2. Cut the pork into the size chunks that are appropriate for your needs.
- 3. Pump the meat with brine until they just start to plump up. Allow to remain in the brine in the refrigerator for ten days.
- 4. Rinse the pork just enough to remove coagulated protein.
- 5. Stuff into netting, hang, and allow them to drain at room temperature until drip-dried.
- 6. Place in smoker preheated to 130°F and heat to an internal temperature of 100°F or until dry.
- 7. Increase the heat in the smoker to 175°F and smoke to an internal temperature of 150°F. (See discussion).
- 8. Cool overnight in the refrigerator before bagging and freezing.

Discussion: I smoked the meat all day and they just got to an internal temperature of 120°F. I kept them in the refrigerator overnight and the next day, I placed them on racks in the oven [which I can regulate to 175°F]. The pork was cooked to an internal temperature of 150°F (About 4 hours). This works well if you have time constraints with your smoker.





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