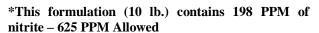
## Pancetta – Italian Style Rolled Bacon – Dry cured

U.S.	Ingredient	Metric
10 lb.	Pork belly	4540.0 g
6 Tbs.	Salt	132.0 g
2 Tbs.	Sucrose	26.0 g
2 tsp.	Prague Powder #1*	14.0 g
4 tsp.	White pepper	9.5 g
2 tsp.	Garlic, Powdered	5.6 g
3 tsp.	Mace	5.1 g
3 tsp.	Coriander, ground	5.0 g
3 tsp.	Rosemary, dry	3.6 g
½ tsp.	Nutmeg	1.0 g
10 lb.	← Totals →	4.5 kg



Note: Use metric weight & volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurements.



## **Method:**

- 1. Mix salt cure by combining the salt, sugar, spices and cure--pulverize in spice grinder and divided mixture in half.
- 2. Add pepper, mace and garlic to one of the divided mixtures.
- 3. Dust the meat side of the belly with the salt cure (without the spices). Using latex gloves, rub the curing mixture vigorously into the meat.
- 4. Place the belly in a large plastic bag, secure the open end, and refrigerate at 37°F for 4 days.
- 5. After 4 days remove the belly from the bag and rub in the remaining curing mixture (with the spices) and refrigerate for an additional 4 days at 37°F.
- 6. Remove belly from bag, and soak in cool water for 20 minutes to remove excess surface salts.
- 7. Attach a "bacon" hook to one end of the belly and air dry at 55°F for 3 days.
- 8. Soak two 5-inch fibrous casing in water for about an hour and a half.
- 9. Remove the skin from the belly and square off the meat. Divide the belly in two.
- 11. Hang for 20 days at 55°F and 50%RH.
- 12. Refrigerate and use any time after this date.

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