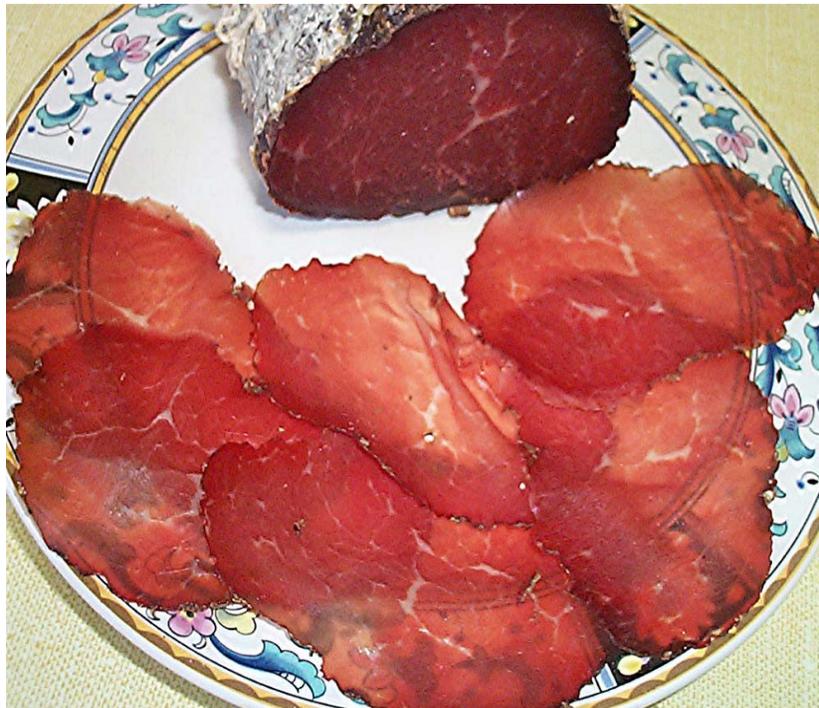


Bresaola – Italian-style Dried Beef

Bresaola (pronounced breh-ZOHL-ah) is air-dried beef that comes from Northern Italy that has a rose-red color, delicate texture, but stronger flavor, than that of prosciutto. It is sliced very, very thin and often eaten with melon and cheese...

U.S.	Ingredient	Metric
6 lb.	Beef sirloin	2725.0 g
3 Tbs.	Salt	66.0 g
4 Tbs.	Sugar	53.0 g
1¼ tsp.	Cure #2	8.0 g
1 Tbs.	Pepper, black	6.0 g
1 tsp.	Garlic, granulated	3.0 g
2 tsp.	Rosemary, dry	2.0 g
1 tsp.	Thyme, dry	1.0 g
7 ea.	Juniper berries, crushed	1.0 g
	Collagen casing & netting	

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



Preparation

1. Trim the meat of all visible fat, connective tissue and silver skin; if you're using sirloin, you'll end up with two 3 lb. chunks of muscle. Note: if you have to "butterfly" any of the muscle because of silver skin or tendon removal, dust surfaces with a little powdered gelatin at the end of the curing period.... just before stuffing into the casing.
2. Mix all ingredients together and process in a spice grinder to a fine powder.
3. Divide the mixture into two equal portions.
4. Rub 1 portion over the meat; work in well and place in a tray or zip-loc bag.
5. After day 3, pour off any liquid produced and rub in the second portion of cure into the meat.
6. After day 7, rinse off excess cure and spices with water...do not soak! Air-dry meat for several hours and, dusting any butterflied cuts with powdered gelatin, stuff into collagen casings. Cover all with elastic netting and tie off.
7. Hang in a cool place (55°F and 55% R/H) to dry. The meat should be hung for at least a minimum 3 weeks. (It may be kept longer as the bresaola improves with age) When ready to eat, meat should feel firm, yet be "creamy" and should have lost about 40% of its weight.

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