



Bacon cure

1Kg fine salt
100g Brown sugar
Tablespoon cracked black pepper.

These are optional

Dries fruit berries - I like to use juniper or blueberries.
Saltpetre (available from some chemists) - it's purpose is to keep the meat a pink colour.

Mix all the above together and keep in an air tight container.

The process from here on in could not be any simpler. Place the meat you want to cure (belly = Streaky, Leg, shoulder = Meaty) on a clean work surface and, with clean hands, grab a handful of the dry cure mixture and start rubbing it with your fingers into all the surfaces of the meat. When it is thoroughly salted all over, place in a clean plastic box, (don't use metal as the salt will corrode it).

After 24 hours you will notice that the meat has leached salty liquid into the bottom of the container. Remove the meat pour off the liquid and rub more handfuls of the cure mix back into the meat. Repeat the process daily. Your bacon....sorry your homemade rare breed bloody fantastic tasting bacon will be ready in just 5 days. It will keep for around about a month in an airtight container (like it's gonna last that long!) Don't worry about the cure mixture that you'll have left over.....you will be doing it again.

Why not get the kids fully involved, on the day the bacon is ready they can make there own bread (by hand or bread maker) but more importantly their own butter.....this is so simple they'll love it.

Acknowledgements

The River Cottage MEAT Book – Hugh Fearnley-Whittingstall