

BACON

Time: 2 hours (plus curing time)

Serves: 12

Ingredients:

100g salt
100g sugar
1/2 pork belly – skin removed (approx. 1.5kg)

Preparation:

In a suitable bowl, mix the salt and sugar.

Place the pork belly in a large zipper seal bag, spreading the salt/sugar mixture on both sides.

Remove most of the air from the bag, seal, and refrigerate.

Turn the belly over once per day for three days.

Rise the belly well under cold water, discarding liquid from the bag.

Smoke at 95C until internal temperature reaches 55C.

Remove from heat and place on a cooling rack. Once cool, refrigerate overnight.

Keep refrigerated and slice as needed for up to one week, or slice, package, and freeze.

Nutritional Information Per Serving:

Calories: 357	Hand-Size Portion Guide
Fat: 26g	Palms of Protein: 1
Carbs: 3g	Fists of Vegetables: 0
Fibre: 0g	Cupped Hands of Carbs: 0
Protein: 29g	Thumbs of fat: 1