

# Cooking

## How to Make Bacon

Written by Lady Isabell Winter, 2009

Making bacon is not as difficult as you may think and is definitely worth the try.

1. Hygiene is very important ensure you have cleaned your hands thoroughly and that all your materials are clean before you start.
2. Choose pork belly that you want to turn into bacon. Best to start with good quality where possible.



3. Mix salt and soft brown sugar (equal quantities, don't need much for 100gm pork use approx 1 teaspoon each non iodized salt and brown sugar.)
4. Rub the salt and soft brown sugar mix into each piece of pork belly (or slab of belly) well.



5. Rest for approx 10 minutes.

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6. You will notice a brine start to form very quickly as the salt pulls the moisture out of the pork – do not discard this, you want to retain this brine around the pork while it cures.
7. Put into a container to that the pork can sit in for the next 7 days.



8. At this stage if you want some decedent bacon you can also smother in real maple sauce.
9. Put in the fridge covered for the next week to cure, then it will be ready to slice
10. To slice you can slightly freeze the meat and then cut thinner slices.
11. Once sliced the bacon can be eaten or frozen. Can also be kept in the fridge for a few more days to use.
12. Cook and enjoy.

**Notes:** If only doing a small quantity you can put the pork into a plastic bag for in the fridge. It is important to try and reduce the amount of air contact as this is what would spoil the meat.

If doing large quantities and slabs of belly, then during the week rotate them around as otherwise the bottom one will cure really well and the top one not so much.