



## Cook the Book: How to Cure Your Own Bacon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



856 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 2 bay leaves
- ☐ 1 teaspoon caraway seeds
- ☐ 1 teaspoon rosemary dried
- ☐ 1 teaspoon thyme dried
- ☐ 1 teaspoon fennel seeds
- ☐ 1 large garlic clove minced
- ☐ 1 tablespoon peppercorns
- ☐ 2.5 pounds pork belly (see note)

- ☐ 3 tablespoons salt
- ☐ 1.5 tablespoons sugar

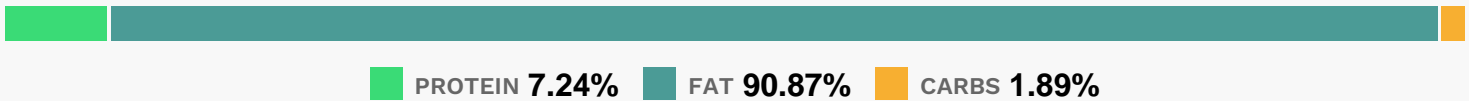
## Equipment

- ☐ plastic wrap
- ☐ baking pan
- ☐ aluminum foil
- ☐ wax paper

## Directions

- ☐ Wash and dry the meat.
- ☐ Place it on a large sheet of wax paper.
- ☐ After the 7 days are up, remove the pork belly, wash it, and dry it very well.
- ☐ Place the meat in a baking dish and cover with plastic wrap or foil.
- ☐ Refrigerate for 24 hours. This allows the salt to distribute evenly throughout the meat.
- ☐ When the meat is cool enough to handle, cut off the rind. Dry the meat very well and wrap in wax paper before placing in a bag in the refrigerator, where it will keep for about 2 weeks.
- ☐ Note: Some butchers will sell you a pork belly that has been folded. This does not affect the flavor, but the crease in the rind can cause the bacon to buckle. To avoid this, weight the bacon down during the 7-day curing process.
- ☐ Place the bagged meat in a baking pan and place a smaller baking pan on top, then load on the weight. I use a brick. Every time you turn over the meat, replace the weight.
- ☐ Photograph: ©iStockphoto.com/Juanmonino

## Nutrition Facts



## Properties

Glycemic Index:28.87, Glycemic Load:2.01, Inflammation Score:-1, Nutrition Score:10.651304486005%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 855.74kcal (42.79%), Fat: 86.03g (132.36%), Saturated Fat: 31.34g (195.89%), Carbohydrates: 4.03g (1.34%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.58g (2.87%), Cholesterol: 116.64mg (38.88%), Sodium: 3042.52mg (132.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.85%), Vitamin B1: 0.65mg (43.13%), Vitamin B3: 7.58mg (37.91%), Vitamin B2: 0.4mg (23.44%), Vitamin B12: 1.36µg (22.68%), Selenium: 13.16µg (18.79%), Phosphorus: 181.21mg (18.12%), Manganese: 0.24mg (12.16%), Zinc: 1.72mg (11.46%), Vitamin B6: 0.22mg (11.2%), Potassium: 331.22mg (9.46%), Iron: 1.31mg (7.26%), Copper: 0.11mg (5.7%), Vitamin K: 4.8µg (4.57%), Vitamin E: 0.66mg (4.43%), Vitamin B5: 0.44mg (4.37%), Magnesium: 11.32mg (2.83%), Fiber: 0.66g (2.64%), Calcium: 25.59mg (2.56%), Vitamin C: 0.83mg (1.01%)