



Homemade Bacon

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



210 min.

SERVINGS



10

CALORIES



1212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon cumin seeds
- 0.3 cup brown sugar dark packed
- 0.3 cup honey (preferably chestnut honey)
- 0.3 cup kosher salt
- 2 teaspoons pink curing salt
- 5 pounds pork belly
- 2 tablespoons pepper flakes red
- 2 tablespoons paprika smoked sweet

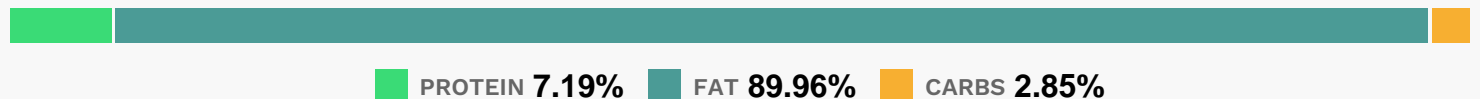
Equipment

- bowl
- plastic wrap
- ziploc bags

Directions

- Rinse the pork belly and pat dry.
- Transfer to a resealable 2-gallon plastic bag. To make the spice rub, mix the kosher salt, pink salt, brown sugar, honey, red pepper flakes, paprika and cumin in a bowl. Coat the pork belly all over with the mixture.
- Close the bag and refrigerate 7 to 10 days, flipping once a day, until the pork belly feels firm. It should take 7 days for a thin belly that is about 1 1/2 inches thick, longer for a belly that's 2 to 3 inches thick.
- Remove the pork belly from the bag, rinse thoroughly and pat dry. Refrigerate the belly on a rack, uncovered, 48 hours.
- Set up your smoker according to the manufacturer's instructions using applewood chips, and set to 200 degrees F. Smoke the pork belly 3 hours, or until the bacon reaches an internal temperature of 150 degrees F.
- Remove the rind (optional), then slice and cook as desired. To store, wrap the bacon in plastic wrap and refrigerate up to 1 week or freeze up to 2 months.
- Pink curing salt is a mix of salt and sodium nitrite. It keeps the meat pink and protects it from bacteria. You can find it at specialty food stores or online.
- Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:7.4, Glycemic Load:0.9, Inflammation Score:-6, Nutrition Score:16.028260806332%

Nutrients (% of daily need)

Calories: 1211.92kcal (60.6%), Fat: 120.72g (185.73%), Saturated Fat: 43.92g (274.5%), Carbohydrates: 8.61g (2.87%), Net Carbohydrates: 7.55g (2.74%), Sugar: 5.6g (6.22%), Cholesterol: 163.29mg (54.43%), Sodium: 3396.14mg (147.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.7g (43.39%), Vitamin B1: 0.91mg (60.88%), Vitamin B3: 10.92mg (54.6%), Vitamin B2: 0.58mg (34.25%), Vitamin B12: 1.91µg (31.75%), Selenium: 18.64µg (26.63%), Phosphorus: 256.71mg (25.67%), Vitamin A: 1190.11IU (23.8%), Vitamin B6: 0.37mg (18.7%), Zinc: 2.48mg (16.53%), Potassium: 511.57mg (14.62%), Vitamin E: 1.91mg (12.73%), Iron: 1.99mg (11.03%), Copper: 0.17mg (8.29%), Vitamin B5: 0.65mg (6.54%), Manganese: 0.09mg (4.69%), Fiber: 1.07g (4.27%), Magnesium: 16.33mg (4.08%), Calcium: 28.97mg (2.9%), Vitamin K: 2.83µg (2.69%), Vitamin C: 2.16mg (2.61%), Folate: 5.55µg (1.39%)