

Peameal Bacon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



88 kcal

SIDE DISH

Ingredients

- ☐ 1 bay leaves
- ☐ 150 g kosher salt
- ☐ 2 tablespoons konnyaku powder
- ☐ 300 g maple syrup
- ☐ 1 tablespoon mustard seeds
- ☐ 215 g peas dried yellow
- ☐ 10 peppercorns
- ☐ 3 liters water cold

Equipment

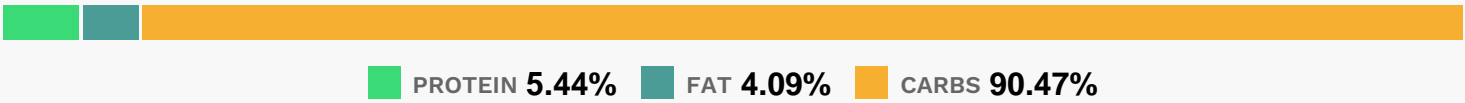
- ☐ frying pan
- ☐ oven

Directions

- ☐ In a plastic (preferably) container large enough to hold both the brine and the meat, mix together the water, maple syrup, salt, cure, and spices.
- ☐ Scoop out a scant 1 cup (200 ml) brine, and use it to load the brine injector. Then, inject the loin every 3/4 to 1 inch (2 to 2.5 cm), inserting the needle about 3/4 inch (2 cm) deep. Try to distribute the brine evenly over the loin.
- ☐ Place the loin in the container with the remaining brine, and keep the meat submerged with the help of a plate or an object of a similar build. Cover and refrigerate for 4 full days.
- ☐ Remove the loin from the brine and pat it dry. Then roll it in the meal of your choosing. Give it a day's rest, uncovered, in the fridge, so the meal and meat form as one.
- ☐ You have two options on cooking it: you can slice it and griddle it for a minute on each side (for thin slices that is), or you can bake it at 375°F (190°C) for about an hour, or until it has a core temperature of 142°F (61°C), then slice it. I like it the first way, especially when it gets a bit burnt on the edges and I have added a dash of maple syrup that caramelizes a bit toward the end.
- ☐ Reprinted with permission from The Art of Living According to Joe Beef by Frédéric Morin, David McMillan & Meredith Erickson, copyright © 201
- ☐ Published by Ten Speed Press, a division of Random House, Inc. Frédéric Morin (right) is the co-owner/chef of Joe Beef, Liverpool House, and McKiernan Luncheonette. He attended L'École Hôtelière des Laurentides, worked at Jean-Talon Market selling peppers and onions, and served as garde-manger at Toqué! and chef de cuisine at Globe before opening Joe Beef. When he's not gardening, tinkering in his workshop, or at the restaurants, Fred can be found at home in Montreal with his wife (and the third partner in the restaurants), Allison, and their two sons. David McMillan is the co-owner/chef of Joe Beef, Liverpool House, and McKiernan Luncheonette. Born and raised in Quebec City, David has been holding court in many of Montreal's classic restaurants for close to twenty years. He still practices the cuisine Bourgeoise he learned from his mentor, Nicolas Jongleux, and from living in the Burgundy region of France. When David isn't at the restaurants, he can be found painting at his studio in Saint Henri or spending time at his cottage in Kamouraska, Quebec, with his wife, Julie, and their two daughters. One of the original members of the Joe Beef Staff, Meredith Erickson has

written for various magazines, newspapers, and television series. Currently collaborating on several books, Meredith slits her time between Montreal and London.

Nutrition Facts



Properties

Glycemic Index:17.07, Glycemic Load:7.36, Inflammation Score:-2, Nutrition Score:5.8026086869447%

Nutrients (% of daily need)

Calories: 87.96kcal (4.4%), Fat: 0.41g (0.63%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 19.14g (6.96%), Sugar: 16.06g (17.84%), Cholesterol: 0mg (0%), Sodium: 5072.53mg (220.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.22g (2.44%), Manganese: 0.69mg (34.75%), Vitamin B2: 0.34mg (20.22%), Calcium: 162.63mg (16.26%), Vitamin C: 7.24mg (8.77%), Phosphorus: 70.9mg (7.09%), Vitamin B1: 0.07mg (4.78%), Fiber: 1.16g (4.64%), Magnesium: 17.87mg (4.47%), Vitamin K: 4.63µg (4.41%), Copper: 0.08mg (4.13%), Iron: 0.65mg (3.6%), Folate: 13.16µg (3.29%), Zinc: 0.49mg (3.28%), Selenium: 2.25µg (3.22%), Potassium: 109.28mg (3.12%), Vitamin A: 138.32IU (2.77%), Vitamin B3: 0.44mg (2.2%), Vitamin B6: 0.03mg (1.72%)