



Red Pepper Brine



Gluten Free



Dairy Free

READY IN



28 min.

SERVINGS



3

CALORIES



2679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5.5 cups brown sugar
- ☐ 1 cup cider vinegar
- ☐ 1 cup honey
- ☐ 1 medium jalapeño split
- ☐ 1 pound pork belly
- ☐ 1 teaspoon chile flakes red
- ☐ 1 cup salt
- ☐ 0.5 gallon water

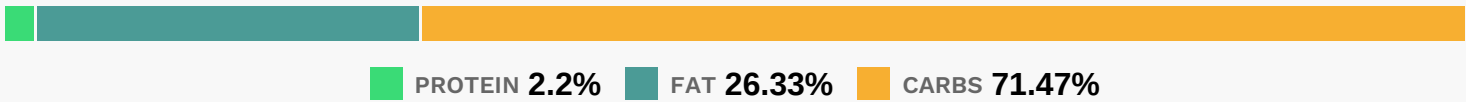
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ pot

Directions

- ☐ In a large saucepot, bring the first six ingredients to a simmer. Cook until all of the solids are dissolved.
- ☐ Add water and submerge pork belly.
- ☐ Remove from the heat and place in the refrigerator for 3 days.
- ☐ After three days have passed, remove the pork from the brine, rinse the belly, and pat dry with paper towels.
- ☐ Lay on a rack over a sheet pan and place in front of a fan for 1 hour to form a pellicle.
- ☐ Lay the pork in the protein box of a cold smoker and smoke for 4 to 6 hours. Chill the meat in the freezer for 1 hour to stiffen for easy slicing into strips of bacon. Slice what you need and keep the remainder in a freezer safe bag in the refrigerator or freezer.
- ☐ Place the strips of bacon onto a sheet pan fitted with a rack and place into a cold oven. Turn the oven to 400 degrees and cook for about 12 to 15 minutes, depending on how crispy you like your bacon.
- ☐ Remove from rack and drain on paper towels. Enjoy.

Nutrition Facts



Properties

Glycemic Index:41.42, Glycemic Load:48.91, Inflammation Score:1, Nutrition Score:17.653043591458%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 2679.35kcal (133.97%), Fat: 80.26g (123.48%), Saturated Fat: 29.25g (182.79%), Carbohydrates: 490.16g (163.39%), Net Carbohydrates: 489.57g (178.03%), Sugar: 484.57g (538.41%), Cholesterol: 108.86mg (36.29%), Sodium: 37936.89mg (1649.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.15%), Vitamin B1: 0.6mg (40.15%), Calcium: 399.73mg (39.97%), Vitamin B3: 7.74mg (38.72%), Manganese: 0.67mg (33.46%), Potassium: 965.43mg (27.58%), Iron: 4.73mg (26.29%), Selenium: 18.17µg (25.96%), Vitamin B2: 0.42mg (24.61%), Copper: 0.45mg (22.71%), Vitamin B12: 1.27µg (21.17%), Vitamin B6: 0.42mg (21.13%), Phosphorus: 193.53mg (19.35%), Magnesium: 57.57mg (14.39%), Zinc: 2.14mg (14.26%), Vitamin B5: 1.02mg (10.17%), Vitamin C: 6.56mg (7.95%), Vitamin E: 1.01mg (6.74%), Vitamin A: 263.09IU (5.26%), Fiber: 0.59g (2.35%), Folate: 9.25µg (2.31%), Vitamin K: 1.57µg (1.49%)