

# DRY CURED HAM, GAMMON AND BACON

## Overview

Dry-curing is one of the oldest and most traditional ways to preserve meat. Dry-cured products are “natural” and demand is steadily increasing

## Materials

The basis for the salt blend is **CURING salt**, to which other product-improving substances are added as follows:

CMT Supersalz Curing Salt	4001	5.0 kg
Roschi Rustical, Drycure spices	496/02	1.0 kg
CMT Drycure Compound	25.14807	1.0 kg
	<b>TOTAL</b>	<b>7.00 kg</b>

Optional flavour variations:

Lakarom D, Italian sweet cure flavour	494/28	250 gr	OR
Lakarom W, natural Juniperberry flavour	494/24	250 gr	OR
Lakarom H, pure honey extract	494/32	250 gr	OR
Bacon Spice	56.0001	250 gr	

## Process

1. Weigh all ingredients accurately and mix thoroughly.
2. Rub salt-blend into meat. Score rind if necessary.

**USAGE RATE:** 40 gr of salt-blend per 1 kg of meat.

3. Vacuum pack meat and put in fridge.

**RULE OF THUMB:** cure for 2 days per 1 kg meat (e.g. 10-12 days for 5 kg meat)

Turn at least once every 5 days.

4. After the dry-curing period as per 3., there might be some moisture in the bag. It is recommended to collect this moisture (brine) in a container and let the cured meat rest in this brine for another 2 days.

## Useful Tips

1. Meat-selection is very important for a satisfactory dry-curing process. **AVOID PSE MEAT** because it is too “watery”.
2. The LAKAROM-products are completely natural and do not contain any declarable substances.
3. Dry-curing is to a certain extend “trial and error”. Only with experience will salt levels and curing times for a given piece of meat be consistent.
4. For Gammons it is recommended to soak the meat in a 10% brine for another 2 days.
5. For whole hams it is recommended to add to above figures another 10% (e.g. 44 gr salt blend / kg and 1-2 days more curing time)

The above recipe and method is accurate to the best of our knowledge. Yet no responsibility or liability can be accepted for any eventual product failure.