

Lone Peak Pancetta



Make your own great-tasting Italian pancetta! Don't pay those exorbitant prices at your deli. Make your own, save money, and you'll even enjoy a better-tasting product than you can import!

Pancetta is an air-dried, rolled, Italian bacon that is not smoked. A pork belly "slab" may weigh around 10 pounds or 4.5 kilograms. If we cure 1000 grams, we are curing one kilogram of meat. One kilogram weight 2.20 lbs. This recipe is for 1 kilogram (2.2 lbs.) of pork belly.

- 1000 gr. (2.20 lbs.) Pork belly (partial slab)
- 28 gr. (5 tspns.) salt
- 3.2 gr. ($\frac{3}{4}$ tspn.) Cure #1
- 5.0 gr. (1 tspn.) sugar
- 4.0 gr. (2 tspns.) white pepper
- gr. ($\frac{1}{2}$ tspn.) nutmeg
- gr. (1 tspn.) fennel
- gr. ($\frac{1}{2}$ tspn.) red pepper
- gr. (1 tspn.) garlic powder

Mix the salt and Cure #1 together and then rub half of the mix into the belly. Place the belly into a zip lock plastic bag and place it in the refrigerator 4 days. Remove the belly from the bag and then mix all the spices with the remaining half of the curing mixture (salt and cure #1). Rub the mixture into the belly and refrigerate it again for 4 more days. Wash the belly with tap water and then soak it for 15 minutes in cold water. Now, dry the belly for 2 days at 54° F (12° C).

Next, remove the skin and divide the belly into two halves, cutting along its length. Soak 5" (120 mm) fibrous casing for 1 hour in water. Roll each belly into a tight roll and insert into the casing. Run butcher twine around the pancetta every $\frac{3}{4}$ " and make a hanging loop. Remove any air pockets with a needle. Hang the pancetta 3 weeks at 54° F (12° C). Pancetta is a perishable product and must be refrigerated. The Italians traditionally do not smoke this product.

Best Wishes,
Chuckwagon