

Triple-Smoked English Maple Bacon

By Shuswap (based on "others")

This being my 2nd anniversary of undertaking this fascinating and tasty hobby, I am attempting to replicate an English maple bacon recipe found on another forum. I have been reading about this bacon on several forums but there is no one place where you will find the recipe and procedure. It took me several hours of cruising to collect various snippets to assemble what I think is the complete picture. I can't claim originality just doggishness.

Pork belly is dry cured for a week using this recipe:

- 5 lbs pork belly
- 2 oz. Kosher salt (about 1/4 cup)
- 2 tsp. Cure #1
- 1/4 C. Maple sugar or packed brown sugar
- 1/4 C. Maple syrup

Rub

- 125gm White pepper
- 25gm Nutmeg
- 25gm Mace
- 15gm Cardamom
- 200gm White sugar

The cure is mixed in with the salt and applied. The maple sugar and syrup are mixed together and applied. A generous amount of the rub is then applied with the remainder held for future use.

The bellies are rinsed and dried then an application of oil and maple sugar is applied and refrigerated for a 2nd week. Without rinsing, the bellies are cold smoked 3 times taking a break from the smoker over night and one complete day in between the 2nd and 3rd days to avoid harsh flavors. It then hangs for a few days to let the bacon mature.

It has been 23 days since I started this project.

After curing for a week and then, after rinsing and drying, adding another dusting of maple sugar for a 2nd week, I cold smoked in my OBS using a Pro Q smoke generator filled with oak dust. I did two 8 hour days of smoking then a fry test. The flavor was very bitter from creosote build up so I have to increase the air flow in the smoker since the vent had been wide open. Because of this I skipped the 3rd day of cold smoking.

The last phase of this English Bacon process is to age and mature the flavors for 4 – 6 days. I did 6 days in a room around 50F.

Overall, I will do this again but only after I improve my smoke management.