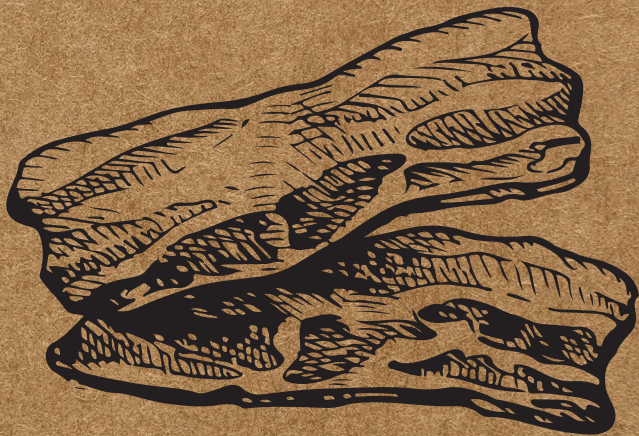




SANDY LEAF
farm

« BACON »

Curing Instructions





LET THE FUN BEGIN



Make your own bacon easily and
quickly at home



At Sandy Leaf Farm we want making your own amazing food and drinks at home to be easy and enjoyable. We've written this guide book to allow you to make your own delicious bacon at home in just a few hours.

We hope you enjoy making your bacon as much as we enjoyed developing the recipes. If you ever need any help we're just a message away via our help center on our website.

Scott & Gabriel

Co-founders of Sandy Leaf Farm



BACON

We developed this kit because we were fed up with the poor quality of bacon which is often available in the supermarket and from butchers, which is usually pumped with water and shrinks when cooked. The bacon made using this kit is air dried and flavoured with three delicious seasonings; chilli & garlic, juniper & fennel and pancetta.

So what actually is bacon?

For thousands of years humans have preserved meat to enable year-round consumption of meat, regardless of weather and harvests. Techniques such as this have been crucial to the development of humans as a species, and are seen in different forms in every society across the planet. Bacon is essentially just preserved pork.

Streaky vs back bacon:

The difference between streaky and back bacon is simple; streaky is made with pork belly and back bacon is made with pork loin. With this kit we only use pork belly to make streaky bacon, as the reduced thickness of the meat makes the curing process faster and more reliable.

The two main methods of curing bacon:

Most industrially produced bacon is produced by **wet curing**, where a brine solution containing salt and preservatives is injected into pork belly. This method is easier to produce at scale, however it has trade-offs in terms of the texture and flavour of the meat. This also explains why most store-bought bacon tends to lose a lot of moisture and shrink noticeably once it is cooked.

For a more intense flavour many artisan bacon producers use a **dry curing** process, where the bacon is cured with salts and then left to air dry. This is essentially the same method as is used in this kit.



THE RECIPE

Nothing beats home made bacon in terms of pure taste and satisfaction. With this kit you'll be able to cure three types of bacon at home in around a week. No experience or other equipment is needed, just add a 500g boneless joint of pork belly per batch. The bacon made using this kit is air dried and flavoured with three delicious seasonings: chilli & garlic, juniper & fennel and pancetta.

Your bacon will keep for 3-4 days in the fridge if you don't want to use it right away (we really doubt it will last that long).

The first time you use your bacon kit you should wash the cheese cloth with warm water and allow it to air dry before using. It is natural unbleached cotton cloth and may contain small fibres that we don't want to stick to the bacon while it dries.

This recipe makes a 500g batch of bacon and takes around 7 days.

BUYING YOUR PORK

For the recipe you will need a whole boneless 500g joint of good quality fresh pork belly. Do not buy strips of belly. You can buy the pork with skin on or off, though bear in mind that you will have to remove the skin so it might be easiest to ask your butcher to remove it for you.

6 STEPS TO BACON BLISS

1. Crush the spice sachet

To unlock the flavour from the spices, cut a very small corner off one of the spice sachets and then crush thoroughly using a rolling pin. This will release the essential oils from the spices and allow them to infuse more easily into the bacon as it cures.

2. Bag your pork

Add your pork belly, chosen sachet of crushed spices and 2 measuring spoons (15g) of bacon cure into one of the grip seal curing bags. Use the included clip to close the opened sachet of bacon cure. Put on one of the disposable gloves included in the kit and give the ingredients a good mix around in the bag.

3. Leave the bacon to cure

Seal the bag and place it in the fridge to cure for one day per half inch thickness of meat, plus 1 day. So for example, if your joint of pork is 1 ½ inches thick, you would leave to cure for 4 days. Turn the bag over every two days.

4: Wash off the cure

After the curing process is complete, remove from the refrigerator. Rinse the meat thoroughly, and pat dry with kitchen towels.

5: Hang your bacon

Your bacon now needs to be air dried to concentrate the flavour and improve its texture. Wrapping it in cheese cloth will gradually draw out moisture from the meat and gives it some protection as it dries. Place the joint of pork into the center of the cheese cloth and gather the sides tightly around the meat and into a bunch at the top. Use 1m of the included cotton twine and the meat hook to tie the top of the cheese cloth and hang in your fridge. Leave to air dry for three days.

6. Slice and enjoy!

Remove your bacon from the cheese cloth, which can be reused after being hand washed. Using a sharp knife, slice your bacon to your desired level of thickness. Only cut as much as you need from the joint, the remainder can be stored in an airtight container in the fridge. Once sliced your bacon can be cooked in the same way as store bought bacon.

Please note: This kit is designed for use by adults only. The cure contains Sodium Nitrate and Sodium Nitrite. If the cure is consumed directly from the sachet you should seek medical advice immediately.



HINTS & TIPS

Is this made in the same way as store bought bacon?

Essentially the process is the same, pork is cured with nitrates and salt. Most commercial bacon uses a wet cure, whereas our recipe uses a dry cure and the meat is then air dried. Some quality bacons do use a similar process at a commercial scale, which would take place in a specialised climate controlled dry aging room rather than a fridge.

How to store the bacon?

We recommend storing your bacon in the fridge in an airtight container, where it will keep for 3-4 days. In our experience it rarely lasts that long. You can also freeze your bacon, but we would recommend cutting into slices or lardons and freezing individually on a sheet of baking paper.

Does the cure contain nitrates and nitrites?

The cure does include nitrites and nitrates. We understand that in an ideal world we wouldn't need to use these additives. However, they are essential to be able to cure your own meat easily and safely without any risk of any nasty toxins or bacteria growing in the meat. We will continue our own research into safe nitrite and nitrate free cures, however until then we will need to continue including them.

What is the best way to wash the cloth?

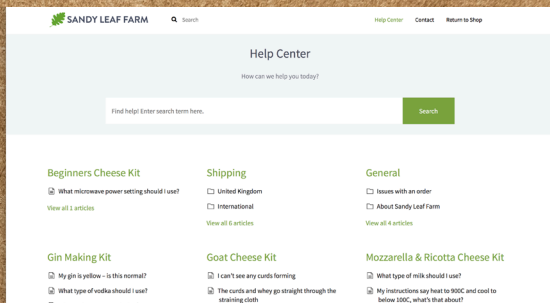
Hand wash with hot water and washing up liquid and leave to dry.

Any other questions?

We regularly update our online Help Center with answers to questions that we are sent. To visit just click on the Help Center link on our website at sandyleaffarm.com.



NEED SOME HELP?



We have recipe ideas, answers to commonly asked questions and much more on our new help center at www.sandyleaffarm.com

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