

Pancetta – Italian Style Rolled Bacon

U.S.	Ingredient	Metric
10 lb.	Pork belly	4540.0 g
6 Tbs.	Salt	132.0 g
2 Tbs.	Sucrose	26.0 g
2 teas.	Prague Powder #1	14.0 g
4 tsp.	White pepper	9.5 g
2 tsp.	Garlic, Powdered	5.6 g
3 tsp.	Mace	5.1 g
3 tsp.	Coriander, ground	5.0 g
3 tsp.	Rosemary, dry	3.6 g
½ tsp.	Nutmeg	1.0 g
10 lb.	← Totals →	4.5 kg



Method:

1. Mix salt, sugar, spices and cure--pulverize in spice grinder and divided mixture in half.
2. Add pepper, mace and garlic to one of the divided mixtures.
3. Dust the meat side of the belly with the salt cure (without the spices). Using latex gloves, rub the curing mixture vigorously into the meat.
4. Place the belly in a large plastic bag, secure the open end, and refrigerate at 37°F for 4 days.
5. After 4 days remove the belly from the bag and rub in the remaining curing mixture (with the spices) and refrigerate for an additional 4 days at 37°F.
6. Remove belly from bag, and soak in cool water for 20 minutes to remove excess surface salts.
7. Attach a "bacon" hook to one end of the belly and air dry at 55°F for 3 days.
8. Soak two 5-inch fibrous casing in water for about an hour and a half.
9. Remove the skin from the belly and square off the meat. Divide the belly in two.
10. Roll each belly piece into a tight roll and place in the casing. Note: I found that slicing the casing along its length allowed me to get a "tight fit" when I roll up the pancetta. Tie the pancetta with sausage twine around the circumference every 3/4 inch or so to make a neat firm log something like >000000000<
11. Hang for 20 days at 55°F and 50%RH.
12. Refrigerate and use any time after this date.

Len Poli - February, 2001
Sonoma, California