

Homemade bacon

By Neil Forbes

BBC
RADIO



Ingredients

1kg of pork belly, ideally skin and bone on
if you can't get bone, just reduce the salting
time by 2 or 3 days

500g of coarse sea-salt
250g of unrefined, soft, dark sugar

Optional:
handful of fennel seeds, coriander and star anise
also work well – experiment with flavours

200-300ml alcohol
Ground white pepper or Madeira



Prep Time: 1 week

Method

1. Mix the salt, sugar and fennel seeds well. Cover the bottom of an oven tray (or similar) and place the pork on top. Work the mix over the entire surface area of the pork. Place the tray in the fridge or somewhere cold.
2. Massage the salt and sugar mix into the meat and turn it in the tray every day for 5 days. As time goes by you will notice moisture draining from the meat. This is fine – don't drain it off!
3. On day 6, remove the meat from the tray and give it a good rinse under a cold tap. Dry it off with a clean tea-towel. In a new tray douse the meat in the alcohol of your choice. Sherry and Madeira work well. Add a dusting of ground white peppercorns or paprika.
4. At this stage it's best if some air can circulate around the meat – but it's not essential. If there's somewhere cool you can hang it, like a cellar, larder or garage – great. But if not, just on a plate or a tray in the fridge is fine.
5. After 2 or 3 days, your bacon will be ready. Remove the bone with a sharp knife before slicing or cubing on a sturdy chopping board as required.