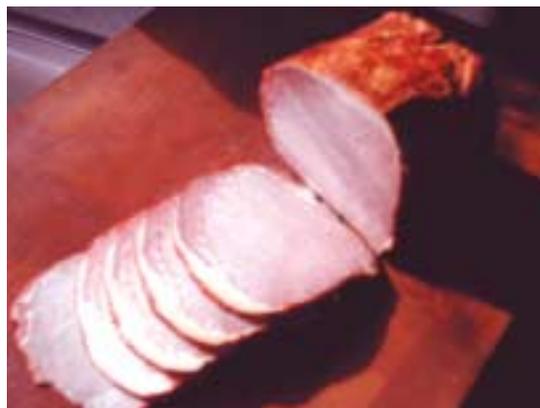


## Canadian-style Bacon

*This brine will cure about 2 pounds of meat, multiply as needed.*

U. S.	Ingredient	Metric
2.2 lb.	Pork loin	1000 grams
1 gal.	Bottled water	3.8 liters
10 oz.	Salt	285 grams
1 lb.	Brown sugar	454 grams
1 oz.	Juniper berries	28 grams
2 oz.	Black peppercorns	56 grams
3 oz.	Prague powder #1	84 grams
2 oz.	Ground fenugreek	56 grams
1 tsp.	Parsley	0.5 gram
1 tsp.	Thyme	0.5 gram
1 tsp.	Rosemary	0.4 gram
2	Bay leaves	0.3 gram



### Method:

1. Bring the water, salt and sugar to a boil and stir to dissolve thoroughly. Remove from heat.
2. Place the parsley, thyme and rosemary sachet bag.
3. Add everything else but the Prague powder. Cool
4. Add Prague powder and stir to dissolve.
5. Add the pork loin, making sure the meat is submerged in the brine..

I don't pump the meat. I let the pork sit in the brine in a cool spot in the fridge for about 10 days. I then soak the meat in ice water for an hour, dry it and smoke for about 4 hours. The fenugreek gives the brine a faint maple bouquet. Some say it doesn't add to the taste, I think different.

Glenn Shapley,  
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