

Chapter 1 : The Ultimate Survival Food? 4 Simple Ways to Dry and Smoke Meat

The cure ingredients can be rubbed on to the food surface, mixed into foods dry (dry curing), or dissolved in water (brine, wet, or pickle curing). In the latter processes, the food is submerged in the brine until completely covered.

The Top 10 Survival Gear Effectiveness, ease of use, "Survival Power" and finally the price all play a factor. In a wilderness emergency or catastrophic disaster, what gear will you have on hand? During a food shortage, why choke down Army C-rations when you can eat like a king with the same foods that fed many American explorers in centuries past? Our ancestors lived this earth over many centuries before us, even back when there was no oven, no electric meat dryer, freezer or refrigerator. They survived despite not having the tools for modern food preservation. They made the best of what little resources they had available at the time. With simple tools like a piece of metal or sharpened wood they were able to hunt animals and preserve meat for extended periods through a process of drying or smoking meat. Many lived strong, healthy and long lives, even longer than what the life expectancy is nowadays. There is just no telling what harmful ingredient some greedy manufacturer might decide to add to his product to save cost -- but a lot of them have and continue to do so year after year. This is why it is worrisome that so many people do not know how to do the simple but necessary task of drying or smoking meat on their own. Have you come to rely on your retail store for your jerky? Realize that you may be paying more money and also getting a food that is highly processed with chemical additives at the same time. For a long term survival food, this is not the best choice for you or your family. But knowing how to dry and smoke your own cuts of meat could easily be the best choice as a long term survival food. How many ways do you know to dry meat? If you are like most people, you probably only know one way, and may be unaware that there are other ways to perform the same task faster or better. Here, you will learn both ancient and modern ways of drying and smoking meat. What happens if a terrorist organization succeeds in taking down the power grid? Sign Up for our free email newsletter packed with survival tips and tips on preparing for widespread disaster. Topics covered include survival foods, martial law, government collapse, living off the land, self defense, survival hunting, survival fishing, and MORE Within just days large cities will suddenly run out of food to feed the masses. Riots, looting, robbery, murder -- all over food -- will quickly result. Another possible occurrence is a natural disaster that leaves people stranded with little facilities still functional to live the normal life we have gotten used to. Depending on where you live, and the degradation of our planet, I believe it is safe to say we have not seen the worst natural disasters yet. How prepared are you for a world without electricity or gasoline? Would you still be able to feed your family if it happens? Whether a time of feast or famine, you can have the meat resources that many others will lack. You can feed your family for several months ahead. Primitive Ways for Smoking Meat How did our forefathers do it? The art of smoking meat as a way of preserving it probably started many thousands of years ago. An early tribesman would simply hang out meat to dry. The lack of chimneys in ancient caves and huts often made their shelters smoky. Early people realized soon enough that hanging out meat in such smoky places made meat acquire a different flavor and meat was also preserved for longer periods of time. Over time, early people also discovered that adding salt curing to the meat also increases its shelf life dramatically. Thus curing and smoking became popular and passed on from one civilization to the next. However, smoking is not simply a way to preserve meat; another reason why many people love smoked food is because of the flavor the smoke adds. Cold smoking is a way to get smoke flavor into the meat without necessarily cooking it. First, the meat is hung up to develop a pellicle. Second, the meat is dehydrated, but not fully, by the smoke. Properly prepared dry cure meats can be safely stored at room temperature -- see National Center for Home Food Preservation: Hot Smoking Just like cold smoking, in hot smoking the meat is also hanged and then smoked. Hanging it makes it develop a pellicle. The main difference between cold and hot smoking is the temperature used when smoking. Although, hot smoking is generally followed by cooking, hot smoked food are already edible. At that temperature, the meat is cooked, moist, flavored and can be eaten as long as it was smoked evenly. It can be referred to as barbecuing, pit roasting or pit baking. To smoke your meat this way, you need a smoke roaster. Other things you can use include the barbecue pit, closed wood fire or masonry oven. You only

have to place a pan filled with hardwood chips beneath the meat in the oven. As the temperature rises, the chips would begin to smolder and the smoke would envelop your meat. Wherever you choose to do this, always ensure proper ventilation in order to avoid poisoning from carbon monoxide. The fire is lit in the firebox from where the heat and smoke is channeled to the cooking chamber through connecting pipes. This is how the meat is cooked and flavored by the smoke. This is an exhaust pipe on one end of the cooking chamber to regulate airflow. Most smokers, including large commercial smokers are made from this simple design because of its effectiveness. Many communities have specialized shops that sell smokers though if you shop locally while good for the shop owner you may pay more money than from an online retailer for those of you on a budget consider following the link above to compare prices for smokers online where you may possibly save a hundred dollars or more on the same smoker.

Uptight Drum Smoker This is an upright steel drum that has been designed to deliver indirect heat and smoke to your meat. It consists of a drum, a pan to hold charcoal at the floor of the drum, and one or two cooking racks located up the drum. Everything is covered with a veil that leaves some room for proper air flow. Different drum sizes have been used to design this smoker. The possible sizes include 30, 55, and 85 gallon drums. However, the 55 gallon upright drum smoker is the most popular. Maximum distance is allowed between the coals and the racks. The distance might be up to 24 inches in order to ensure the meat is not heated directly. To control the heat, you only have to adjust the air intake and exhaust. Aim for equal intake and exhaust for best cooking. You may or may not use a drip pan depending on your flavor preference. This is because the absence of a drip pan gives a unique flavor to the meat that many people love. Expert smokers believe that the dripping moisture should be allowed to drop directly into the fire as this is what gives the true taste of smoked meat. The first difference you will notice is its bullet shape. Charcoal or wood is what you need to generate smoke and heat with this bullet smoker. A water bowl separates the fire from the cooking grates. The water has two effects. First, it helps maintain the temperature and humidity in the smoking chamber. And it also adds flavor to the meat when water vapor combines with the smoke. A third purpose for the water bowl is to trap any dripping headed for the fire. This also adds to creating a unique taste. You may find that you prefer this smoker because it is very easy to use. When the optimal temperature is reached, it is maintained without requiring much adjustment. Also, they are relatively cheaper.

Propane Smoker Here, the heat is generated by a gas burner, hence the name propane smoker. The gas burner is placed under the steel which contains charcoal or wood. The environment in the burner is strictly controlled so that there is no oxygen present; this makes the wood or charcoal smoke instead of burning. By design, there would be one or two holes on top of the iron box for proper ventilation. One reason you would enjoy this method is that it does not use as much wood as other smokers.

Smoke Box This smoker has a "smoke box" and a "fire box". The smoke box is where the smoke and heat is generated and then channeled into the food box, where the meat is smoked and cooked.

How to Dry Meat in 4 Simple Steps Preserving meat does not always have to be with an electric dryer or whatever equipment you are used to. What if there is no electricity anymore, would you be able to preserve meat long enough to ensure your survival and that of your family? Learn how to dry meat, removing all the moisture from it, just the way our forefathers did it. Do you want to know how to make beef jerky? Follow this simple procedure to remove moisture and fat from your meat, leaving only protein and limiting fat content to nourish your body. We will talk about how to cut, trim and debone the carcass of an animal in subsequent articles. That knowledge would be very vital if you are ever in a situation where you have to hunt and kill an animal yourself. For now, let's just assume you have obtained a large chunk of meat that you want to dry using a primitive method. Trim off the fat from the sides of the meat This will make for more quality and better preservation. When you trim off this fat, you might want to store it somewhere as you may find useful in flavoring other foods, or, for more resourceful people, creating a second survival food called "tallow". Cut the meat into thin strips along the muscle fibers This would allow for even drying time of the meat.

Chapter 2 : Consent Form | Outdoor Life

Before refrigeration became commonplace, a variety of techniques were used to extend the shelf life of foods dating back thousands of years. Salting, drying, pickling, and smoking were used, not just to preserve food, but also to transform its taste, texture, and appearance.

Curing mix for 1 kg 2. There is nothing for the nitrite to react with. The salt is applied in two stages: Some salt is sprinkled on the bottom of container, then back fat is placed the skin down. Then the second back fat goes on top skin down etc. The top back fat is placed the skin up and some salt is sprinkled on top. After 7 days, the stacking order is reversed; the top pieces go down and the bottom fat backs go up. Back fat remains in salt for 7 days or more. The total time is weeks. Curing Jowls for Smoking The cross section of jowl looks like bacon, the difference is that jowls are much tougher due to more connective tissue. Having more collagen they easily produce natural gelatin which helps to bind different ingredients together, for example groats or bread crumbs with meat. For this reason they are added to special sausages such as head cheeses, blood and liver sausages. As jowl contains layers of meat, sodium nitrite is added with salt in order to develop curing flavor and pink color. The mixture of salt and Cure 1 is applied in two stages: Some mixture is sprinkled on the bottom of container, then first jowl is placed the skin down. Then the second jowl goes on top skin down etc. The top jowl is placed the skin up and some salt is sprinkled on top. After 7 days, the stacking order is reversed; the top pieces go down and the bottom jowls go up. Jowls remain in salt for 7 days more. The total time 2 weeks. Wet Curing Meats are placed in a container, secured on top with a screen to keep them submerged and covered with curing solution water, salt and sodium nitrite. In the USA cure 1 sodium nitrite and salt will be used in other countries different strength sodium nitrite cures are available. Making brine using tables is the first step of making curing solution. The next step is adding sodium nitrite, usually premixed with salt and known as Cure 1. Adding very little will result in a weaker curing flavor and color, adding too much will push us over the maximum limits which were establish by the Food and Drug Administration. The following tables were created in s and potassium nitrate was used as curing agent. Nitrates are seldom use today and sodium nitrite is universally accepted curing agent. It is hard to find potassium nitrate today, at least for a hobbyist. To make the tables easier to use, the most popular curing solutions were calculated with Cure 1.

Chapter 3 : How to Cure Meat (with Pictures) - wikiHow

Properly prepared dry cure meats can be safely stored at room temperature -- see National Center for Home Food Preservation: Smoking and Curing. Hot Smoking Just like cold smoking, in hot smoking the meat is also hanged and then smoked.

If you are the type of person that hunts or have a small homestead which provides you with all the meat your family needs, smoking meat may be a useful hobby for you. There are many different opinions regarding the smoking habits of people and historically, the topic is quite impressive. Our ancestors used to preserve their meats with salt, drying and smoke long before the invention of the refrigerator. The smoking process creates two actions: This acid helps to preserve the meat by slowing down the growth of bacteria and preventing mold from developing. Depending on the technique used, smoking is also known to preserve the flavor and color of the meat. Methods for smoking meat There are two different techniques for smoking meat and these methods have been used for centuries. There is the cold smoking or hard smoking method and the hot smoking technique, which is probably the most used one. Cold smoking This method does not cook the food and it was being used by the early hunters to extend the length of time meat could be eaten after the hunt. The meat is dried rather than cooked and curing the meat is required for this technique. Some may say that this process is similar to dehydration, but the meat is not only dried. Salt, spices and smoke are required for this method to work. Cold smoking is usually done in temperatures at or below degrees Fahrenheit and this can become a problem. Most food scientists agree that cold smoking has some inherent risks since the temperatures tolerated by rapid microbial growth range between 40 to degrees. Cold smoking is usually done on an industrial scale, where the meat can be cured, smoked and stored in proper conditions. Long-term food storage methods Hot smoking This is the most used method of smoking meat. It works better than cold smoking because it cooks the meat gently and slowly, preserving the color and flavor. For the method to work, a constant temperature is required, that may range from to degrees. Curing meat is also an essential step for hot smoking and you can opt for a dry cure or a wet cure brine. Dry curing implies sprinkling the salt, sugar and spices directly on the meat and refrigerate it for a minimum amount of time. For a brine cure, one should mix salt, sugar and spices into the water. Smoking meat using the proper smoker There are numerous smokers on the market and people should choose the most qualitative smoker for their needs. There are electric or gas smokers, and some use charcoal or wood, pellets and so on. For advice on the best electric smokers check out King of the Coals. You can try the various recipes you can find online to make your own homemade cure or you can buy a pre-made one. There are various brands and flavors available and the good part is that they all contain sodium nitrate to prevent botulism and extend the shelf life. You can use different woods for smoking meat. Pork and beet work well with hickory, oak or mesquite. When you smoke for flavor, the temperature of your smoker should be between and degrees. You should use the leanest cuts of meat and remove all visible fat. Slice across the grain for tender bites, or with the grain for tough, chewier bites. Cure the meat based on your choice and set your electric smoker for degrees and insert enough smoking briquettes for two hours of smoke. After those two hours, you can increase the temperature to degrees and continue the cooking process. Drying herbs and spices Smoking fish is not complicated and some principles apply to all types of fish. The main rule is to always use quality fish. You will need to cut the fish into uniform pieces for equal salting. Use one part table salt to seven parts water for at least one hour of refrigeration. Once completed, rinse the fish surface and allow it to air dry in a cool place. Start your smoker and once it reaches degrees, you are ready to add your racks of fish and set the temperature to degrees. Once the thickest part of the fish reaches degrees, it should be held for 20 to 30 minutes. For both cases, if you want your meat to stay moist, you will need to maintain water in your drip pan. You can also brine chicken, turkey and other lean meats overnight in the refrigerator before smoking. Smoking meat safety guide Your working area should be sanitized by using a mixture of chlorine bleach and warm water 1 tablespoon bleach to a gallon of water. Avoid mixing the raw meats with the cooked ones during storage and refrigeration. Meats need to be stored, cured and preserved in refrigeration Keep an eye on the temperature as microbial growth thrives between 40 to degrees. Temperature negligence can cause food

poisoning and spoilage. It is imperative that when cooking meats, the internal temperature should reach degrees to destroy bacteria that can cause food-borne illnesses. Always use fresh meat as aging is not required for smoking. Thaw meat in the refrigerator. If you are new to smoking meat, use commercial curing rather than experiencing with online recipes. Follow the instructions labeled on the package. Before smoking meat, you should do a check-up and make sure your smoker is in proper working order. Smoking should be started only after the recommended smoker temperature has been reached. I recommend using a pellet smoker for best results. Here are some wood pellet grill reviews to help you figure out what would work for your needs. Food Preservation – Dehydrating food How to avoid failure when smoking meat Before you slice the meat, it is advised to put it in the freezer for at least 30 minutes up to 2 hours until firm. Meat should be weighted after you trim it to know exactly how much seasoning and cure it is needed. Perfect jerky should be able to bend without breaking in half. Avoid opening your smoker and picking. This is a rookie mistake and it will compromise the quality of your meat. If you want to apply sauce on the meat, do so during the last 20 or 30 minutes of smoking. If you do that earlier, the sauce will burn and brown quickly. Your meat will develop a burnt flavor. For a longer shelf life, the smoking time needs to be longer as it will cause a more significant loss of moisture. This will result in a higher salt proportion and even if the meat becomes drier and saltier, you can store it for a longer time. If you keep a higher temperature in a smoker, it will decrease the smoking time considerably, but it will also shorten the shelf life of the meat. Other Self-sufficiency and Preparedness solutions you may like:

Chapter 4 : The Science Of Curing Meats Safely

Dry curing is the preferred method to cure meat for production of sausages. When rubbing ham make sure the cure is rubbed into the aitch bone joint and hock end of the ham. Sodium nitrite is used where curing time will be short: sausages, small pieces of meat.

The exception is curing meats. The rules for this process are rigid. If you do it wrong you can make someone sick. So you should not experiment with recipes using preservatives. Our recipes are carefully calculated to be safe and were created with the help of food scientists. Please do them exactly as published and please read this page thoroughly before curing any meats. If you must scale the recipe up or down you cannot simply multiply the ingredients. There is nothing like it anywhere. You should not try to combine our curing recipes with others. This may shock you, but there is a lot of misinformation on the internet. Although we love answering reader questions, we cannot comment on curing recipes from other websites or books, on dry cure recipes, or variations you want to try. Nor can we do the math for everyone who wants to try a variation on our curing recipes. Remember, when in doubt, throw it out. Sorry to be so pedantic, but we are looking out for you. The importance of nitrites Curing meat is a preservation process going way back to ancient civilizations long before refrigeration. Then they started experimenting, and along the way they killed a few kinfolk, but eventually they figured out how to preserve meat with salt. Then, probably in the 1800s, somebody discovered that a mix of salt and saltpeter, when rubbed into meat, worked better. The nitrate also preserved the pink color of the meat. Today hardly anybody uses saltpeter and neither should you. Specially prepared blends of salt, sodium nitrite, and sodium nitrate are used by commercial producers and home cooks alike. Called curing salts as a group, they are why bacon, hot dogs, hams, and corned beef are pink and why they have a distinctive tangy cured meat flavor. Individually they are named Prague Powder 1 a. Insta Cure 1 or Pink curing salt 1 , Prague powder 2 a. All my recipes use Prague Powder 1 which has only sodium nitrite, no sodium nitrate. Sodium nitrate is sometimes used on meats that age because it slowly breaks down into sodium nitrite over time so it remains active over months. But nitrates can also form nitrosamines, a compound that is a carcinogen in animals, but its effect on humans is still ill defined. Unless you are an expert, you should never substitute one curing salt for another. I describe them in detail in my article on the Science of Salt. In the World Health Organization flat out said it: [Click this link for more on the subject.](#) Greg Blonder explains that "Children and pets are much more sensitive to nitrites, and infants even more so. They lack certain enzymes and their digestive tracts harbor bacteria that convert nitrate in veggies into nitrite. Clostridium botulinum is a curious and dangerous beast. It is the single most deadly food pathogen, far more deadly than pathogenic strains of E-coli or salmonella. The spores are commonly found in the environment all around you. But they are not a problem unless conditions allow the spores to germinate and produce deadly botulinum toxin. Clostridium botulinum prefers anaerobic oxygen free conditions. So submerging meat in water for days is rolling out the welcome mat. You might ask, why not dry cure, in air rather than in water, but there is little oxygen deep in the center of a slab of meat, so Clostridium botulinum spores can hide and grow there. It is widely believed that USDA has set the limit of ppm for cured meats, but this is a myth. USDA has established regulatory limits for the addition of sodium nitrite at ppm 0. These are initial levels at the end of the cure. Dry cured meats may sit for months at room temperature exposed to fresh microbes in the air and oxygen. Plus they are often consumed raw, like prosciutto, as opposed to cooked for bacon. Because nitrites decrease during curing, the residual levels, after a few days or weeks, are often 10x lower. USDA also requires ppm 0. This increases nitric oxide formation and, as we explain in our article on the smoke ring , NO is what gives cured meats their pink color when it combines with the protein myoglobin. It also greatly reduces or prevents the formation of nitrosamines. Our recipes do not require these extra additives, so it is considered safe, even desirable, to use the ppm as a maximum target. Blonder, has written about the subject of nitrite toxicity in detail here. I have written about nitrites and nitrates and the cancer scare of the 1990s here. People often ask if they can cure meats without nitrites and just increase the salt. You should not attempt to cure meat at home without a curing salt. There are some "natural" or "no nitrite" cured meats on the market, but if you look closely at the

label, they often have some sort of extract of celery in them because it contains nitrate which can convert to nitrite. I consider them risky. But if you stick to my recipes, you can make absolutely mindblowing pastrami, bacon, and more. Three common curing methods In the days before refrigeration, cured meats were heavily salted, treated with saltpeter, smoked, and often hung in cool cellars. The salt, saltpeter, and smoke concentrations were inconsistent and the meats often dehydrated and grew molds as they hung. These methods have been perfected and the meats are highly prized. The problem is that in order to do this properly you need a great deal of expertise and you should have precise thermometers, scales, measuring tools, refrigeration, and you must maintain excellent sanitation. The shop in Rome shown here is full of cool looking artisanal cured moldy meats that have all been properly produced. Today there are three common methods of curing meat: Injecting, dry curing, and wet curing. Injecting Injecting is done for most inexpensive hams, corned beef, and bacon. The meat is passed through a machine with scores of needles that stab it and inject a precise amount of curing solution. It is fast and cheap with little waste. But it tends to pump a lot of water into the meat diluting its flavor. It can be done at home, but it is tricky to get the right amount of salt and cure in there. One of the problems is that a single needle injector tends to create pockets of cure and pockets of no cure. Tools and techniques for injecting here. Injection curing should be left for the pros. Dry curing Dry curing is how they make prosciutto, Iberico ham, Serrano ham, and American Country ham. To dry cure, you mix up your salt and spice mix, coat the meat, and store it in a temperature and humidity controlled space. Dry curing is slow. Simple bacon can take a week and large meats like hams can take months. Dry curing requires a lot of space to hold the meat, and ties up inventory for far longer than most businesses like. The energy costs can also be burdensome. Before you undertake dry curing, you should be able to tell which is which. That means a good microscope, and analytical tools. The long curing process often results in oxidized rancid fat, a funky flavor that, like funky cheese, some people love and some people hate. Dry curing should be left for licensed pros. The cure dissolves and disperses in the liquid and the liquid has a uniform concentration of cure throughout as long as it is stirred occasionally. Wet curing takes less time than dry curing, sometimes only days. On a commercial scale, it requires a lot of space and cooling. If you are doing only a small amount at home, it is by far the best way to go. Why I recommend wet cures The science of curing is pretty cool. Salt draws water out of the meat, concentrating its flavor and making it less hospitable to microbes. It also draws moisture out of bacteria, killing them. But salt also penetrates meat. Salt NaCl is a very tiny molecule with only two atoms, a sodium Na and a chloride Cl. It easily splits into sodium and chlorine ions when it gets wet and they get electrified and easily penetrate the pores and membranes. Nitrite is also a small molecule, NO₂, three atoms, one nitrogen N and two oxygens O. Nitrite breaks down into nitric oxide NO and binds to the iron atom Fe in myoglobin in the meat. Myoglobin is the protein that gives meat its red color. The chemical process is similar to the process that causes the pink smoke ring in smoked meats and it gives cured meat its characteristic pink color. I prefer wet cures because submerging the meat in liquid makes it easier to control the amount of salt in the meat. Nature seeks equilibrium, so it tries to make the salt concentration inside the meat the same as outside. So the trick is to create a cure that has the right amount of nitrite and liquid so that the nitrite will penetrate all the way to the center of the meat, preserve the meat, and fight off bacteria without allowing it to suck in too much salt or too much nitrite. When submerged in a wet cure, the salt concentration is the same all around the surface and the laws of equilibrium keep the meat the same salinity throughout if you keep it in the cure long enough.

Chapter 5 : Smoking Meat For Long-term Storage – Smoking Secrets | Prepper's Will

Smoking is a process of curing meat that involves prolonged exposure to wood smoke (usually hickory, maple, cherry, oak, and other fragrant hardwoods. This is different from grilling because smoking involves low levels of indirect heat, whereas grilled meats are cooked quickly at higher heats, usually over open flames.

Print This Article Image source: We can buy a hundred pounds of meat, stick it in the freezer and eat off of it for a year without any special preparations or considerations made. But what if the time comes when our modern conveniences are no longer available? Who among us could say that in the event of a catastrophe, we would be able to do what is necessary to maintain a hearty stock of food for ourselves and our families? Look ahead to a future in which unpredictable electrical blackouts make refrigeration impossible and the inflated prices of commodities make them unaffordable. This article provides an introduction to the two easiest, most fool-proof techniques for preserving meat – curing and smoking – just like our ancestors did it. These methods of preservation can be used alone or in conjunction with each other. The process is basically the same for all different varieties of meats, although the recipes may differ slightly.

Cure The process of curing is simply using the benefits of salt to preserve meat. Before refrigeration was available, curing was just about the only way to save up meat in warm weather months. Without salt, bacteria would grow in and on the meat and quickly cause it to go bad. The basic role of salt in curing is to dehydrate the meat just enough so that bacteria cannot thrive. However, even if you have the convenience of refrigeration, curing is a great way to preserve the natural flavors of the meat as well as to keep essential vitamins and minerals that are often lost in the freezer. In both cases, the flavor from the cure is derived from salt and whatever other flavors are added to the curing mixture such as sugars honey or brown and spices pepper, rosemary, bay leaves

Dry curing: Salt and other ingredients are rubbed over the meat. Also known as brining, this involves soaking the meat in a salty solution. One of the most important ingredients to include when preserving meats by curing is sodium nitrate. Sodium nitrate can be found in all kinds of leafy green vegetables and can be added to your salt mixture in the form of celery juice, ground spinach or pink salt curing salt 1, which is 7 percent sodium nitrate. Sodium nitrate is useful for warding off the development of one of the worst kinds of bacteria found in food – botulism. Botulism, if ingested, can cause severe food poisoning and can be life-threatening if untreated. So we want to do everything we can to make sure that our cured meats are as safe as possible. Sodium nitrate will also make your cured meats turn a nice shade of bright reddish-pink. One thing to be mindful of, however, is that high levels of nitrates like most anything are toxic and you need to be careful about the amount that you are adding to your curing mixture. Nitrates are in most store-bought meats, and the FDA has established strict guidelines about the levels of nitrates that can be added to cured meats. During the curing process, nitrate turns into nitrite. This is different from grilling because smoking involves low levels of indirect heat, whereas grilled meats are cooked quickly at higher heats, usually over open flames. Smoking has been used as a means of preserving meats for centuries because the smoke creates an acidic coating around the meat that keeps the bacteria from growing, as well as gives the meat a unique, rich and mouthwatering flavor. Smoking also helps to dehydrate the meat, again changing the environment within the meat so that it is less hospitable for bacteria to thrive in. There are two types of smoking: Done at temperatures of at least degrees F. The goal is to cook the food at the same time it is being flavored with smoke. It is still cooked much longer than grilled meats, in lower temperatures, but hot enough so that the meat cooks very slowly, making it tender enough to fall right off the bone and melt in your mouth. Processed at less than degrees F. This is a really good way to flavor meats that have already been cured if you like that smoky flavor. Salamis and sausages are very good when given the added flavor of cold smoking. Smokers come in all shapes and sizes to fit your individual needs and are fueled by charcoal, electricity, gas, wood, etc. Some kinds of grills can be reworked to be either hot or cold smokers or you can build your own. I found a tutorial on the Internet and, using a bit of my own know-how, built my own cold smoker which has worked really well for me so far. It was a lot cheaper than many of the store-bought versions. In any case, it is important to have some outdoor space to do your smoking. What smoking and curing tips do you have? Tell us in the section below:

Chapter 6 : curing means saving or preserving meat

Curing Meats for Smoking. The best quality smoked meats and sausages are made from cured meat. Fresh sausages, blood sausages, liver sausages are usually made from uncured meat, although meats (for example tongues) for some head cheeses are cured in order to make them pink and more visible.

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Chapter 7 : Bring home the bacon: how to cure and smoke your own meats - Telegraph

How to Cure Meat. In this Article: Article Summary Dry-Curing Meat Wet-Curing Meat Community Q&A Curing is an age-old process of preserving meat for later use. With just a few ingredients – salt, nitrites, and time – the meat transforms: from water-packed and pliable to dry and stiff.

If you use these links to buy something we may earn a commission. It gave me a new reason to raise my own meat, ethically and organically. It fills the gap, for those flavours and textures I love in food – the smoky, spicy, and chewy sausages, the dry, salty meat – and the things I can actually make with my own hands in my kitchen. And yes, there is a recipe for smoked cheese here. One of the drawbacks of cultured meat is that it is always pork based. Take a walk through the sausage and deli meat section of your local organic food store and read the labels. I did that last Friday at Choices Market in Kelowna. The first ingredient of every package I picked up – Pork. This book has lots of pork recipes. Never has, except for a brief bacon fixation when my middle son was 15 till he left home. Once he left, so did the bacon. Once you know the step by step process, you can use the knowledge to substitute other meats, like lamb, goat, bear, or even beef. Well, they sell turkey bacon here. See pages to for the well-illustrated beginner recipe that uses pork belly. There are recipes here for Canadian back bacon, too, using pork loin. The book covers so many different meats, many that you may be growing on your homestead like lamb, goat, venison, duck, chicken, turkey, and fish. While the recipes are meat specific and traditional, the techniques of curing and smoking are timeless and used to preserve the meat you have on hand, whatever that may be. The River Cottage Curing and Smoking Handbook shows you how to use the tongue, the whole head, the heart, and the belly. These portions of a carcass are often discarded. They are tossed from the kill floor. A few years ago, when I wanted to try making sausages, every recipe contained saltpetre. It is used to prevent the meat from darkening during the curing process. But it is a known carcinogen. Instead this book uses no-additive salt in the recipes, making them a healthier alternative to store bought meats, which continue to use sodium nitrate. It follows traditional techniques and recipes When you are making traditional food you want authentic ingredients. Change what you want. Perhaps we can do a better job than our grandparents did in passing it to the next generation. Now we have a book, after all. Curing and smoking meat at home saves money Many of the recipes in the book will be cured for months, and others for just a few days. The longer a processed meat is cured the more it costs. In the realm of food processing time means money. Therefore traditional steps are substituted with chemicals that speed up the process, but make the food less healthy. When you cure and smoke your own meat at home you save money and you create healthier food. At least you can tell your partner that. Those large, unwieldy cookbooks with the hero pictures on alternate pages make inspiring reading but they are impractical to actually use on the counter while you are grabbing salt and molasses, and splashing olive oil. The layout is attractive with lots of information to insure your success and inspiration. This is a technique book that shows you how to create an ingredient from scratch like bacon p. I really want to try that rose-cured beef, once my rugosa roses are producing. But be warned, you may end up spending even more time on Pinterest, searching for DiY Smoke House plans and tantalizing bacon recipes. Need meat to make these recipes? Looking for GMO-free, pastured freezer lamb to try some curing and smoking? Joybilee Farm has a limited number of freezer lambs, government inspected and already cut and wrapped. Pick up at the farm only. Only available in May. Give me a call to reserve yours now. I received this book from Blogging for Books for this review. Nevertheless, this review represents my honest opinion of this book.

Chapter 8 : Home Preservation Methods--The Advantages and Disadvantages Part II | Delishably

Meat Curing and Smoking We had a fantastic day at River Cottage learning about smoking and curing all kinds of meat and fish. Steve Lamb was a fantastic host that inspired us to go home and build our own smoker.

Clear Brook VA Wet curing the meat is submerged in a liquid. Dry curing the meat is rubbed with dry ingredients that will leech out some moisture. You do not want to dump any accumulated liquids simply flip the meat over to redistribute the cure containing liquid. Rub down the meat put in a bag and into the fridge. When I dry cure belly bacon I use food grade plastic bus tubs with lids. Simply rub on the cure, salt, sugar and spices and place the belly in the tub. Every day or so flip it over. They are also great for secondary containment if you are curing meats in a bag. As a side note when dry curing each piece of meat is an individual and is treated separately by weight until the curing phase is complete. Dry curing produces a texture in the final product that some folks like myself prefer verses wet curing. Wet curing take up a lot of space. Typically this is done in a fridge 3. Dry curing typically takes up considerably less fridge space as the meat s are bagged or double bagged. So things like bresaola, lonzino, pancetta or any meats that require cure 2 are potentially a no go. This may or may not be a big deal unless you are planning on getting into aged meats. The good news is one method really cures no faster than the other. So its really an experiment on your part to determine what method works best for you and produces a texture you like. As a side, side note. If you are going to smoke the meats after curing this too will have and effect on the texture of the final product. Whatever you do take very detailed notes. Mark down fridge temp, starting weight, trimmed weights, cure, spice amounts, dates and time you do anything to the meat even simple things like flipping it. This will give you baseline you can build off of. If you like the end product its easy to replicate as you have detailed notes. The beauty of curing your own meats is you get to develop them into what you like not what a factory is pumping out for the masses.

Chapter 9 : Manual on simple methods of meat preservation

Dry curing pork (feral or otherwise) is the easiest and most popular method of curing. Once you've trimmed up your ham, weigh it to know how much salt you'll need. Morton salt company recommends $\frac{1}{4}$ ounce of their Sugar Cure product for each pound of pork.

Meat cured only with salt, will have a better flavor but will also develop an objectionable dark color. Factors that influence curing: The size of the meat - the larger meat the longer curing time. Temperature - higher temperature, faster curing. Moisture content of the meat. Salt concentration of dry mixture or wet curing solution-higher salt concentration, faster curing. Amount of fat-more fat in meat, slower curing. The amount of Nitrate and reducing bacteria present in the meat. Commercial producers can cure at lower temperatures because they add chemicals for that purpose. Higher than normal temperatures speed up the curing process but increase the possibility of spoilage. This is a balancing act where we walk a line between the cure and the bacteria that want to spoil meat. Meats were traditionally cured with Nitrate. Before Nitrate can release nitrite the real curing agent it has to react with bacteria that have to be present in the meat. On the other hand sodium nitrite works well at refrigerator temperatures. There has not been even one documented incident of food poisoning of a meat cured with salt and Nitrates. People in the Far East, Africa, South America and even Europe are still curing meats at higher than normal temperatures without getting sick. That does not mean that we recommend it, but if someone in Canada shoots a lbs kg Moose or a lbs kg Kodiak Bear he has to do something with all this meat. He is not going to spend 5, dollars on a walk-in cooler, is he? These are exceptional cases when curing can be performed at higher temperatures. After the Second World War, ended most people in Europe neither had refrigerators nor meat thermometers, but were curing meats with Nitrate and making hams and sausages all the same. Because of primitive conditions the curing temperatures were often higher than those recommended today but any growth of C. There was not much concern about longer shelf life as the product was consumed as fast as it was made. Salt and nitrite will stop Cl. Due to increased bacteria growth at those higher curing temperatures the shelf life of a product would be decreased. Remember when handling meats, the lower the temperatures the slower the growth of bacteria and the longer life of the product. Extending the shelf life of the product is crucial for commercial meat plants as the product can stay on the shelf longer and has better chances of being sold. Curing is a more complicated process than salting. In addition to physical reactions like diffusion and water binding, we have additional complex chemical and biochemical reactions that influence the flavor and color of the meat. With not enough cure, the color might suffer with some loss of cured flavor too. FSIS regulations dictate the maximum allowed nitrite limits and there are no limits for the lower levels. It has been accepted that a minimum of ppm of nitrite is needed for any meaningful curing. Too much cure will not be absorbed by the meat and will be eaten by a consumer. If the curing time is too short, some areas of meat inside or under heavy layers of fat will exhibit an uneven color which might be noticeable when slicing a large piece of meat. It will not show in sausages which are filled with ground meat, although the color may be weaker. If curing time is longer by a few days, nothing will happen providing the cured meat is held under refrigeration. Taste your meats at the end of curing. You can always cure them longer in a heavier brine to increase salt content or soak them in cold water to lower salt content. Cured Meat Color Fresh Meat Color The color of fresh raw meat is determined largely by the amount of myoglobin a particular animal carries. Meat color is determined largely by the amount of myoglobin protein a particular animal carries. The more myoglobin the darker the meat, that simple. The amount of myoglobin present in meat increases with the age of the animal. This color is pretty much fixed and there is not much we can do about it unless we mix different meats together. Different parts of the same animal, take the turkey for example, will display a different color of meat. Muscles that are exercised frequently such as legs need more oxygen. As a result they develop more myoglobin and a darker color unlike the breast which is white due to little exercise. Pork loin is light pink in color as this muscle does not work much, however, leg muscles exercise a lot and are light red. Heart of any animal is dark red as it works continuously. Fish float in water and need less muscle energy to support their skeletons. Most fish meat is white, with some red meat around

the fins, tail, and the more active parts of the fish which are used for swimming. There are some antarctic cold water fish that have myoglobin, but it is confined to the hearts only flesh of the fish remains white but the heart is of a rosy color. The red color of some fish, such as salmon and trout, is due to astaxanthin, a naturally occurring pigment in the crustaceans they eat. Most salmon we buy is farm raised and as it is fed a prepared commercial diet that even includes antibiotics, its meat is anything but pink. The only reason that farmed raised salmon flesh is pink is that canthaxanthin colorant is added to the food the fish eats.