

Peameal Bacon

Let's Make Some Peameal Bacon.
Day 1 – Preparations and starting.

What you will need.

4 ½ pounds boneless pork loin roast

Kosher Salt

Prague Salt (Sodium Nitrite)

Mustard Seeds

Corn Meal



4 ½ pounds boneless pork loin roast.

We will need to brine the pork loin.

For the brine

Warm up the brine on the stove to combine the ingredients and then chill the brine in the refrigerator to be at the same temp as the pork loin - about 36 degrees. We don't want to cook the pork when it's immersed in the brine.





We then injected the pork loin with the brine about every inch or so.



Actually I found injecting the loin while in the brine was easier than trying to inject it while standing - less mess.

Cover and then leave the loin/brine in the bottom of the refrigerator for 4 days. Make sure your 'pot' is non-metallic/reactive since you are using salt/sodium nitrite. I used the ceramic pot from a 4 quart crock-pot.





After 4 days, roll the loin in cornmeal.



Wrap in plastic wrap and place back into the refrigerator for a day of rest - so that the meat & cornmeal can become one.

Day 5



After sitting for a day.



Now, Sliced -



Delicious.



PS. Everything I learned about Peameal Bacon, I learned in the kitchen of 15 Princess Street, Fort Erie, Ontario, Canada.



Me, Ann Ramey, Brother D - Circa 1961