

HOMEMADE CANADIAN BACON

F EASY

Last Modified: 01/20/2014

PREP: 84+ Hrs

COOK: 2 Hrs

OVEN: 225

PORK

MAKES 24 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
4 To 6	Pounds	Center-Cut Pork Loin Roast (Boneless)	Split
3+/-	Tbsp	Vegetable Oil	

JUNIPER BRINE			
1/4	Cup	Juniper Berries	Crushed
2	Quarts	Water	
1	Quart	Unsweetened Apple Cider	
1	Quart	Lager Beer (NOT Light)	
1	Cup	Kosher Salt	
1	Cup	Dark Brown Sugar (Muscovado)	Packed
1	Cup	Fresh Sage Leaves	Loose Pack
1	Bunch	Fresh Thyme Sprigs	Coarse Chop
2	Tbsp	Pink Curing Salt (Do NOT Substitute)	Sodium Nitrate
1	Tbsp	Black Peppercorns	Whole
4	Cloves	Garlic	Crushed

PREPARATION	
FACTOID	I know, I know, this sounds hard, but it is mostly just time consuming. Make this once, thinly slice and seal tightly with a vacuum food saver, You'll have a whole winter's worth of CHEAP, GREAT TASTING Canadian Bacon to enjoy.
HINTS	While this is very good simply baked in an oven, slow smoked in an Electric Meat Smoker or in a Grill is To Die For!
HINTS	By Cutting the Pork Loin evenly in half lengthwise, you end up with English Muffin sized Canadian Bacon rounds after binding. The Loin tail end can be left whole for larger rounds.
TOOLS	1) Meat Tenderizing Hammer. 2) Large & Small Zip-Lock Bags. 3) Large Non-Reactive Bowl (Ceramic, Stainless Steel, Glass). 4) Half Sheet Pan & Wire Rack (NOT Aluminum). 5) Kitchen Twine. 6) Meat Probe Thermometer.
FACTOID	Pink Curing Salt (Sodium Nitrate) is dyed pink so as not to confuse it with regular Salt. It is used here to discourage bacterial growth to give the Meat an appetizing Color and Bacony flavor. <u>DO NOT EVEN THINK ABOUT LEAVING IT OUT!</u> Sodium Nitrate is what gives us that wonderful Bacon flavor we all love. Pink Curing Salt is NOT to be confused with either Hawaiian or Himalayan Pink Salts.
1	Four Days Before: Seal the Juniper Berries in a small, heavy zip lock plastic bag and crush them as finely as you can with a meat tenderizing hammer.

HOMEMADE CANADIAN BACON

2	Four Days Before: With the THIN fat layer up, cut the Pork Loin Roast in half lengthwise (fat layer on top of each half). Trim off any thick pieces of inner fat that you can get to, but leave the thin fat layer on top. You want two long, even sized pieces of Meat. Tie each half every inch or so with kitchen twine, squeezing it as you go to form a tight, round piece of Meat.
OPTION	If you're not able to cook the Roasts in a smoker and you like the flavor of smoke, you can optionally add two teaspoons of liquid smoke to the brine here.
3	Four Days Before: Mix all of the Brine Ingredients together in a large zip-lock bag. Make sure the Salt & Sugar are dissolved. Place the tied Roasts in the bag, squeeze out the air and seal. Place the bag seam up in a large non-reactive bowl (The Beer MAY cause the bag to pop open & spills make a NASTY mess).
4	Four Days Before: Refrigerate the Roasts in the Brine for 48 to 72 hours. Squeeze the bag every few hours to keep the roasts soaking evenly in the liquid. Rotate the roasts slightly each time you squeeze.
5	The Day Before: Remove the Roasts from the Brine and discard it. Pat the Roasts dry with paper towels (Do NOT rinse) and place the Roasts on a wire rack in an aluminum sheet pan lined with several layers of parchment paper. Refrigerate them in the bottom of the refrigerator, UNCOVERED for at least 12 hours. The surface of the Meat WILL become dry and glazed.
6	Remove and discard the parchment paper. Allow the Roasts to stand at room temperature for 30 minutes to 1 hour. Coat your hands with Vegetable Oil often and rub the entire surface of each Roast half lightly to coat.
7	Preheat the Oven (This is by far BEST in an Electric Meat Smoker with smoke chips added) to 225 degrees. Place the Roasts on a wire rack in the sheet pan Rotate the Roasts so the thin fat layer is up, insert a meat probe thermometer into the center of the thickest part of one of the Roasts and bake them for 1 1/2 to 2 hours or until the meat probe reads 150 degrees.
8	Allow the Meat to rest for 15 minutes. Remove & discard the kitchen twine, slice each roast thinly (1/8 +/- inch thick) evenly across the grain.
SERVE	Serve while hot, or let cool completely and seal-freeze for use later.

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