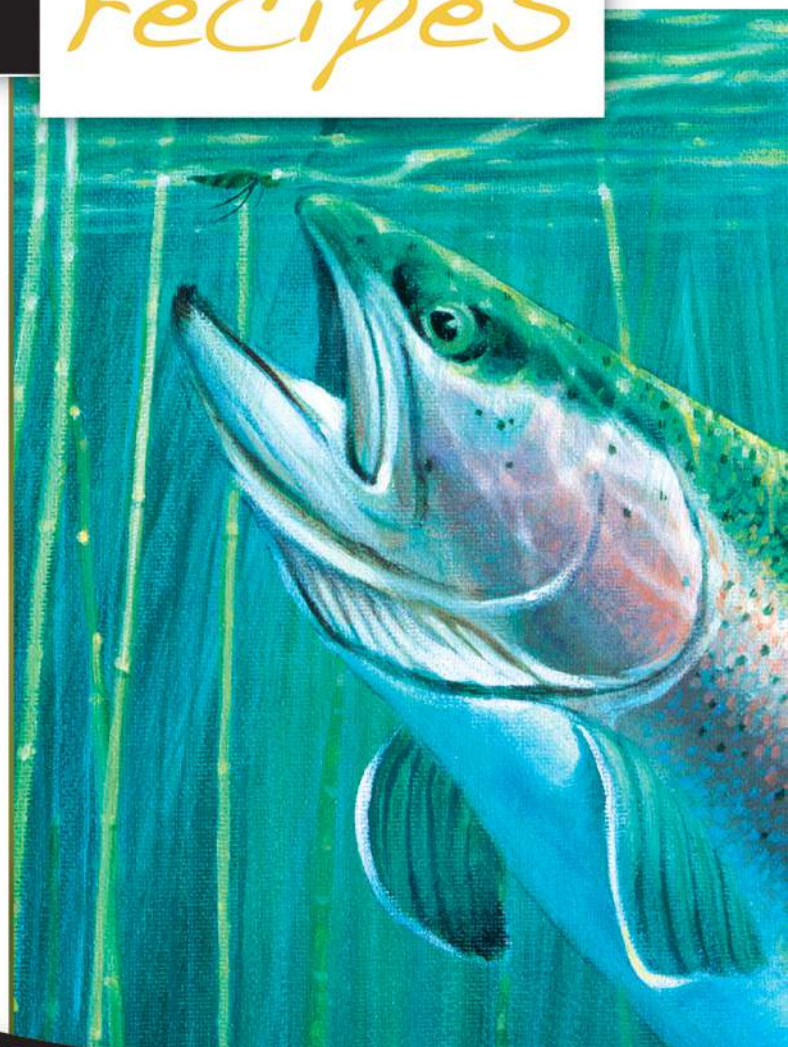


Curing

recipes



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Salmon Jerky
Smoked Clams
Smoked Octopus
Smoked Salmon

DEMERARA

Honey-Cured Ham
Minced-Ham Lunchmeat
Turkey Jerky
Wild West Jerky

HONEY



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curing recipes



Maple-Cured Bacon
Turkey Bacon
Turkey Ham
Whole Smoked Chicken

MAPLE

SUGAR



Old-Fashioned Frankfurters
German Bologna
Italian Shrimp
Lamb Ham
Pastrami: Beef or Wild Game
Pastrami Sausage
Polish Kielbasa
Salami
Smoked Beef Tongue
Smoked Duck
Turkey Pastrami

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demerara cure



Salmon Jerky

SEASONING FOR 5 LBS. (2.25 KG) OF SLICED SALMON

- 3 tbsp. (45 ml) Bradley Demerara Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) white pepper
- 1 tsp. (5 ml) garlic powder
- 1 tsp. (5 ml) onion powder
- 2 cups (480 ml) water

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

PREPARATION

Salmon jerky is usually processed by making numerous deep cuts across the fillet; these cuts are made through the flesh and all the way to the skin. When the fillet begins to dry, a gap will open where the cut was made. The opening of numerous gaps will increase the drying area, and it will allow the flesh to dry faster. Nevertheless, if this method is used, over 24 hours of drying time is required to make salmon jerky. However, if the skin is removed from the fillet, and if the salmon flesh is sliced thinly, salmon jerky can be made in one day.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

To prepare the raw material, remove the skin from the fillet and slice the flesh. It may be sliced across the fillet or cut into hunks and then sliced from head to tail – the direction of the cuts is not critical. But no matter how it is sliced, the slices should be about ¼ inch (7 mm) thick. The fillet is easier to slice if it is partially frozen.

COOKING

1. Prepare and chill the seasoning mixture. Add the sliced salmon; mix well. Refrigerate the fish overnight. Stir from time to time.
2. The next morning, drain the cured salmon slices and rinse each piece in cold water for about three seconds. Drain the slices again in a colander.
3. Place the slices between sheets of paper towels and newspaper for 15 minutes. If this time is exceeded, the salmon slices may stick to the paper towels, and removal of the salmon slices from the paper towel will be difficult.
4. Remove the slices from the paper, place them in a large bowl, and pour on about ½ cup of salad oil, cooking oil, or olive oil. Stir until each slice of salmon is well coated with oil. Coating the raw salmon slices with oil is important; without a coating of oil, they will stick to the parchment paper.
5. Lay the slices of oiled salmon on parchment paper that has been placed on a wire-mesh smoking rack or in a smoking basket.
6. Dry the slices at 160° F (71° C) for about 30 minutes, and then carefully turn each slice over using a spatula. In this initial drying period, the slices of salmon are very easy to tear, but the slices become less delicate as the drying progresses. Continue to turn the slices over every 30 to 45 minutes until the surfaces of the slices are dry enough to prevent sticking to the wire mesh. This will require 4 to 5 hours. Remove and discard the parchment paper when the slices are so dry that they will not stick to the wire mesh.
7. Maintain the same temperature, and smoke the salmon slices for 2 to 4 hours.
8. If necessary, raise temperature to 175° F (80° C), and continue drying until done. When the salmon jerky is done, it will be about half the thickness of the raw salmon, and it will have lost about half of its weight. Let the jerky cool to room temperature, then freeze or refrigerate it.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.



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Smoked Clams



SEASONING FOR 5 LBS. (2.25 KG) OF CLAM MEAT

- 3 tbsp. (45 ml) Bradley Demerara Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) white pepper
- 2 cups (480 ml) water

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

PREPARATION

1. All clams contain sand. To get rid of most of the sand, wash the outside of the clams thoroughly, and then soak the clams for two or three hours in cold water that contains $\frac{1}{3}$ cup (80 ml) of salt per gallon (4 l) of water. Discard any clams that float or have broken shells. Also, discard any clams that have open shells, or have shells that do not close when touched.
2. Steam the clams until the shells open. Remove the meat from the shells and place it in a colander. If you are using frozen clam meats, rinse the meats well in cold water, and then steam them for about 30 minutes. In either case, rinse the steamed meats thoroughly in cold water; change the rinse water several times and continue rinsing until there is no sand in the bottom of the rinse pan.

COOKING

1. Chill the clam meat while preparing the seasoning.
2. Prepare the seasoning mixture. Add the steamed clam meat, and refrigerate it for the remainder of the day and overnight. Stir the meats from time to time during the curing period.
3. The next morning, drain the cured clam meat in a colander, and rinse briefly.
4. Place the meat in wire-mesh smoking baskets.
5. Dry the meat at 140° F (60° C) for 1 hour, or until the surface no longer feels damp. Do not use smoke. Agitate the meats occasionally while drying to insure that all surfaces become dry.
6. Discontinue using auxiliary heat. Cold smoke (or smoke at the lowest possible temperature) for 1 to 2 hours. The smoking is finished when the clam meat takes on an attractive golden-brown color.

At this point, the clam meats are ready to eat, but they will taste better if they are refrigerated overnight to allow the flavor to mellow. Many people like to apply olive oil while the meats are still warm. The following paragraph describes this oiling technique. If the meats are to be oiled, they should be oiled at room temperature immediately after smoking.

To oil the clam meats, place them in a glass or plastic container with a tight-fitting lid. Add enough olive oil to coat the clams when the container is shaken, rolled, or turned upside down. About $\frac{1}{4}$ to $\frac{1}{2}$ cup of olive oil is usually adequate. Continue to agitate the container every few minutes for about one hour until most of the oil has been absorbed by the meats. Refrigerate.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.



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Smoked Octopus

SEASONING FOR 5 LBS. (2.25 KG) OF OCTOPUS

- 3 tbsp. (45 ml) Bradley Demerara Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) white pepper
- 1 tsp. (5 ml) garlic powder
- 1 tsp. (5 ml) onion powder
- 2 cups (480 ml) water

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

PREPARATION

If the creatures have not been eviscerated, you will need to cut out the beak, the anus, the yellowish pouch and attached membranes, and the ink sac. If it is a large octopus, the eyes should be removed. Scissors usually work well for these operations. Take care that the ink sac is not punctured. Rinse thoroughly.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

COOKING

1. Prepare the seasoning mixture and add the raw octopi. Place in the refrigerator and stir from time to time. Refrigerate overnight.
2. Drain the cured octopi the next morning. Rinse them well.
3. Steam the octopi until the flesh can be easily pierced with a sharp, pointed object such as a fork, skewer, or sausage pricker. Steaming for 30 minutes is adequate for baby octopi. You will notice that the skin has become pinkish brown. If you are using baby octopi, the legs will have curled upward, toward the head.
4. Baby octopi should be left whole, but a large octopus should be cut into pieces. If you are using a large octopus, first determine if the skin is so tough that it needs to be removed. Remove the skin, if necessary, and then slice across the legs to make pieces about ½ inch (13 mm) thick. The head should be cut into pieces of a similar size.
5. Lay the steamed octopi on wire mesh or in wire-mesh smoking baskets.
6. Dry the octopi at 140° F (60° C) for 1 to 2 hours, or until the surface of the creatures no longer feels clammy. Do not use smoke.
7. Discontinue using auxiliary heat. Smoke at the lowest possible temperature for about 2 hours.

At this point, the octopi are ready to eat, but they will taste better if they are refrigerated overnight to allow the flavor to mellow. Many people like to apply olive oil while they are still warm. The following paragraph describes this oiling technique.

If the octopi are to be oiled, they should be oiled at room temperature immediately after smoking. To oil the octopi, place them in a glass or plastic container with a tight-fitting lid. Add enough olive oil to coat them when the container is shaken, rolled, or turned upside down. About ¼ to ½ cup of olive oil is usually adequate. Continue to agitate the container every few minutes for about one hour until most of the oil has been absorbed. Refrigerate.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.



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Smoked Salmon

SEASONING FOR 5 LBS. (2.25 KG) OF SALMON

- 3 tbsp. (45 ml) Bradley Demerara Cure (Do not use more than this amount.)
- 1 tsp. (5 ml) white pepper
- 1 tsp. (5 ml) garlic powder
- 1 tsp. (5 ml) onion powder

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half. If more than one curing container will be used, it is best to prepare the cure blend to match the weight of fish in each container.

THE FISH

Fillets $\frac{3}{4}$ inch (2 cm) thick – or less – can be processed faster than thick fillets, but don't hesitate to use thick fillets if that is all that is available. If the whole fillets are too long to be processed easily, they can be cut into pieces of a more manageable size. In any case, the skin should never be removed from the fish when it is being processed. Removal of the skin will make the fish much more difficult to handle, and the appearance will suffer.

Use very fresh fish or fish that has been fast frozen. The flesh of white-meat fish or other fish with low oil content – such as chum salmon – should be oiled. The appropriate time to oil such fish is indicated in Day 3, below. Prepare the fillets, rinse them quickly, and blot dry. Refrigerate the fish while the cure is being prepared. The following simple curing formula enhances the salmon flavor – it does not mask the flavor.

DAY 1

If the fish fillet is more than $\frac{3}{4}$ inch (2 cm) thick, it is best to make slanted slits in the skin about 1 $\frac{1}{2}$ inches (3 to 4 cm) apart for about half the length of the fish (where the fillet is thickest). A very sharp knife will do, but a razor blade or a box cutter is best. Make the slits just deep enough to cut slightly below the skin.

Place the fish in a plastic food container. If slits were made in the skin, rub some cure mix into the slits. Apply the rest of the cure to the fleshy side of the fish; apply the cure a little more heavily wherever the fillet is thick. Cover and refrigerate for 24 hours. During this period, rub the surface of the salmon gently two times to redistribute the cure.

DAY 2

After 24 hours of curing, rinse off the cure quickly in cool water and wrap each piece in a paper towel, then wrap with newspaper. The paper will absorb the excess water. (When rinsing off the cure, try to keep the rinsing time to a minimum in order to prevent the flesh from becoming waterlogged.) Refrigerate overnight.

DAY 3

1. Dry the fish in front of a fan, skin side down, for about an hour. Prepare the smoker for additional drying at 100° F (40° C).
2. Oil the skin side of the salmon with salad oil; this oil helps to prevent the skin from sticking to the smoking rack.

(Continued on reverse)



A Bradley Signature Recipe for Our

demerara Cure

(Continued from front)

(Day 3 continued)

3. Place the fish on the smoking racks with the skin side down. Dry at 100° F (40° C) in the smoke chamber (with no smoke) until the surface of the fish becomes dry and smooth to the touch. This drying will require about 2 hours for a thin salmon fillet and up to about 4 hours for thick salmon.

4. Cold smoke at the lowest temperature possible for about 3 hours. Then, over a two-hour period, gradually step the temperature up to 170° F (76° C) to temper the flesh. Continue to smoke. (Tempering is the technique of raising the heat gradually in order to condition the flesh to heat.) Tempering will reduce the amount of yellowish-white, water-soluble protein that tends to rise to the surface of the fillet when the fish is cooking. NOTE: If fish with low oil content are being tempered, they should be oiled on all surfaces before the tempering begins; olive oil, peanut oil, or salad oil are all suitable.

5. Continue to smoke at 170° F (76° C) for 2 hours. Don't go higher than 170° F (76° C); if this temperature is surpassed, the texture of the flesh might change to that of over-cooked fish. If the fillets are thin, they should be done after 30 to 45 minutes of additional smoking. Thicker fillets will require more time. An experienced food smoker can judge doneness by appearance, feel, and smell. It will look cooked, feel firm, and will not have a "raw smell." The tail of the fillet will probably be curved upward slightly. Furthermore, when the fish is done, it will flake. This flaking test is the most common test to determine if fish is fully cooked. If the fish is thick enough to measure the internal temperature with a probe, that temperature should be 140° F (60° C).

6. Let the salmon cool at room temperature for about one hour. Refrigerate the fish, uncovered, overnight. The next morning, the fish may be wrapped in plastic food wrap or be put in plastic bags.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

Recipe continuation for
Smoked Salmon



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Honey-Cured Ham

SEASONING FOR 5 LBS. (2.25 KG) OF PORK

- 3 tbsp (45 ml) Bradley Honey Cure (Do not use more than this amount.)
- 1 tsp. (5 ml) onion granules or onion powder
- 1 tsp. (5 ml) garlic granules or garlic powder
- 1 tsp. (5 ml) white pepper
- honey (optional) 1 to 3 Tbsp.

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE MEAT

Any lean cut of pork can be used to make the ham: Use pork sirloin, pork shoulder, loin, or the rear leg (fresh ham). However, the meat should not be more than about 2 inches (5 cm) thick. The width and length are not important, but the hunks or slabs of pork need to be small enough to fit in the curing containers and smoker. If the meat is more than about 2 inches (5 cm) thick, the curing time will be excessive.

BLENDING AND APPLYING THE CURING MIX

1. Weigh the pork. If more than one curing container will be used, calculate separately the total weight of the meat that will be placed in each container. Refrigerate the meat while the cure mix is being prepared. (Any plastic food container with a tight-fitting lid – or a strong plastic bag – can be used as a curing container.)
2. Prepare, calculate, and measure the required amount of curing mixture for each container. Mix this curing blend until it is uniform.
3. Place the meat in the curing container(s). Rub the cure mix on all surfaces evenly. Cover and refrigerate. The refrigerator temperature should be set between 34° and 40° F (2.2° to 4.4° C).
4. Overhaul the pieces of meat after about 12 hours of curing. (Overhaul means to rub the surfaces of the meat to redistribute the cure.) Be sure to wet the meat with any liquid that may have accumulated in the bottom of the curing container.
5. Overhaul the meat about every other day until the required curing time has elapsed. (Cure one week per inch: If the thickest piece is 1 inch, cure 1 week; if the thickest piece is two inches, cure the whole batch 2 weeks.)
6. Assuming the maximum thickness of the pork is 2 inches (5 cm), the pork will be fully cured at the end of two weeks. When the curing is finished, rinse each piece of pork very well in lukewarm water. Drain in a colander and blot with a paper towel.
7. Wrap each piece of pork in a paper towel, and then wrap again with newspaper. Refrigerate overnight.

COOKING AND SMOKING

Smoking the ham

1. The next morning, remove the paper and dry the surface of the meat in front of an electric fan or inside of a smoker heated to about 140° F (60° C). If a smoker is used, make sure that the damper is fully open. Do not use smoke. Drying the surface will require one or two hours.
2. When the surface is dry, cold smoke the pork for 3 hours. If your smoke chamber temperature is higher than 85° F (about 30° C), the smoking time might have to be shortened to prevent excessive drying.

(Continued on reverse)



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honey cure

(Continued from front)

(Smoking the ham continued)

3. Raise the smoke chamber temperature to about 150° F (65° C). Smoke about 2 or 3 hours more until the surface of the ham takes on an attractive reddish-brown color. Remove the meat from the smoke chamber.

Cooking the ham

After removing the ham from the smoker, it may be cooked using one of several methods, or it may be refrigerated or frozen and cooked later. If it is to be refrigerated or frozen, cool it at room temperature for an hour or so and refrigerate it – uncovered – overnight; the next morning it may be wrapped and, if you desire, frozen.

Below are suggestions for cooking the ham. Ham is fully cooked when the internal temperature is at least 160° F (71.1° C).

- Leave the meat in the smoker and hot smoke it until it is done. The disadvantage with this method is that the ham may become too dry.
- Wrap each piece of ham in plastic food wrap and cook in a steamer. This is an excellent method to cook the ham; the juices are retained by the plastic wrap. (A steamer may be improvised by using a large pan with an elevated rack inside; cover with a lid.)
- Bake it in an oven.
- Slice it and fry it.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

VARIETIES OF HAM

Spicy ham

You can put your own signature on ham by adding your favorite spice to the curing blend. Many people like a slight clove flavor to the ham; add some powdered cloves to the curing blend. Allspice flavored ham has a special appeal for some. A few people like the taste of cinnamon with pork. Use your imagination; you might make a great discovery!

Maple or brown sugar flavored ham

Use the Bradley Demerara Cure or the Bradley Maple Cure (together with additional brown sugar or maple syrup, if you desire) to make ham with a different flavor.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

Recipe continuation for

Honey-Cured Ham



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Minced-Ham Lunchmeat

SEASONING & INGREDIENTS FOR 5 LBS. (2.25 KG)

- 7 ½ tsp. (37.5 ml) Bradley Honey Cure (Do not use more than this amount.)
- 1 tsp. (5 ml) salt (optional – see step #1 in preparation)
- 1 tsp. (5 ml) white pepper
- 1 tsp. (5 ml) onion powder
- 1 tsp. (5 ml) garlic powder
- 2 tbsp. (30 ml) honey
- ½ cup (120 ml) water
- 1 cup (240 ml) finely powdered skim milk

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE CASINGS

Fibrous casings about 2 ½ inch (6.4 cm) in diameter are suggested for this sausage. Four casings that are about 12 inches (30 cm) long will be required. Soak the casings in water for 30 minutes before stuffing.

THE MEAT

Use 5 pounds (2.25 kg) of pork shoulder butt that contains about 20% fat. Separate the lean meat from the fat. Mince the lean meat with a ¼-inch (6.4-mm) plate and mince the fat with a ¾-inch (4.8-mm) plate.

Combine the lean meat and the fat. Refrigerate the meat while the curing mixture is being prepared.

PREPARATION

1. Mix the seasoning, water, and the finely powdered milk in a large bowl until the ingredients are uniform. *(For a normal salt taste, add the optional 1 teaspoon of salt; for a mild salt taste, omit the salt.)*
2. Add the chilled meat to the seasoning mixture and blend well by kneading for about 3 minutes.
3. Stuff the mixture into fibrous casings. Insert the cable probe of an electronic thermometer in the top of one of the sausages, and close the casing around the probe with butcher's twine.
4. Refrigerate the stuffed sausages overnight.

COOKING AND SMOKING

Smoking

Remove the sausage from the refrigerator and place it in a smoker that has been heated to 150° F (65° C). Maintain this temperature with no smoke until the casing is dry to the touch. (Alternatively, dry the casing in front of an electric fan.) Raise the temperature to 160° F (71° C) and smoke the sausage for 3 to 6 hours. If you wish to cook the sausage in the smoker, raise the temperature to 180° F (82° C) and hot smoke until the internal temperature is 160° F (71° C).

Steam Cooking

After smoking for 3 to 6 hours, wrap each sausage in plastic food wrap (optional) and then steam them until the internal temperature is 160° F (71° C). (A steamer may be improvised by using a large pan with an elevated rack inside; cover with a lid.)

Cooling

As soon as the cooking is finished, chill the sausage in cold water until the internal temperature drops below 100° F (38° C). Refrigerate overnight before using.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.



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Turkey Jerky

SEASONING FOR 5 LBS. (2.25 KG) OF SLICED TURKEY

- 3 tbsp. (45 ml) Bradley Honey Cure (Do not use more than this amount.)
- 4 tsp. (20 ml) pepper, black
- 1 tsp. (5 ml) MSG (optional)
- 1 tsp. (5 ml) hickory smoke flavor (optional)
- 1 tsp. (5 ml) cayenne
- 1 tsp. (5 ml) onion powder
- 1 tsp. (5 ml) poultry seasoning
- 6 tbsp. (90 ml) soy sauce
- 1 ½ cups (360 ml) white cranberry-apple juice or white cranberry-peach juice
- 4 cups (960 ml) cold water

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

PREPARATION

Dark meats make the best jerky. Skinned and boned thighs of the turkey are the best material for making turkey jerky. It is very easy to remove the bone from a turkey thigh. First, lay the thigh skin side down on a cutting board. Locate the bone with your fingers and make a long slit through the flesh that is on top of the bone. Stroke along the bone with the tip of the knife. The flesh will gradually "peel" away from the bone. Remove the skin.

Once you have prepared the thighs as indicated, rinse in cold water and drain. Put the meat on paper towels with newspaper underneath to absorb the water that is on the bottom surface. Blot the top surface with paper towels. Refrigerate until chilled. Slice the flesh with the grain, or butterfly the meat. The slices or butterflied should not be more than ¼ inch (6 mm) thick.

1. Stir the seasoning blend well until all ingredients are dissolved. Chill the mixture well. Add the meat strips and stir them from time to time, especially during the first few hours of curing. Refrigerate overnight.
2. During the morning of the second day, use a colander (or the like) to drain the curing liquid from the meat. Do not rinse!

DRYING AND SMOKING

1. Hang the strips, place the strips on smoker racks, or lay the strips in wire-mesh smoking baskets. (Wire-mesh baskets are preferable; hanging the strips will allow more of the product to be processed, but the use of baskets makes processing easier and faster.) To facilitate drying, the smoker chimney damper should be fully open.
2. Dry at 140° F (60° C) with no smoke until the surface is dry. This will require at least one hour. If the strips are on wire mesh, turn them over after 30 to 45 minutes to prevent sticking.
3. Raise temperature to 160° F (71° C) and smoke for 2 or 3 hours.
4. Raise the temperature to 185° F (85° C) and continue to dry with no smoke until done. This final drying and cooking step will require about three hours. When the turkey jerky is done, it will be about half the thickness of the raw jerky, and it will appear to have lost about 50% of its weight. The jerky will not snap when it is bent, but a few of the muscle fibers will fray. If the jerky is dried until it snaps when it is bent, the jerky will have a longer shelf life, but it will not be as tasty. Let the jerky cool to room temperature and either freeze or refrigerate it.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.



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Wild West Jerky

SEASONING FOR 5 LBS. (2.25 KG) OF SLICED MEAT

- 3 tbsp. (45 ml) Bradley Honey Cure (Do not use more than this amount.)
- 4 tsp. (20 ml) pepper, black
- 2 tsp. (10 ml) garlic powder
- 1 tsp. (5 ml) MSG (optional)
- 1 tsp. (5 ml) liquid smoke (optional)
- 1 tsp. (5 ml) cayenne
- 1 tsp. (5 ml) coriander
- 1 tsp. (5 ml) chili powder
- 6 tbsp. (90 ml) soy sauce
- 4 tsp. (20 ml) Worcestershire sauce
- 1 ½ cup (360 ml) apple juice
- 4 cups (960 ml) cold water

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

PREPARATION

1. Begin with hunks of meat, rather than with meat that has been cut into steaks or chops. (Steaks and chops are cut across the grain of the meat. This makes them unsuitable for jerky.) Chill the meat thoroughly. Cold meat is easier to cut, and bacterial growth is retarded.
2. Trim the fat from the meat. It is impossible to remove the streaks of fat that are marbled into the meat, but you should remove all fat that can be removed easily.

3. Use a long slicing knife or an electric meat slicer to slice ¼ inch (7 mm) thick strips. The strips should be 1 to 2 inches (2.5 to 5 cm) wide. The meat must be cut with the grain, not across the grain. If the meat is cut across the grain, it will be too fragile after it dries. You can determine if the strip has been correctly cut with the grain by pulling on the ends of the strip. If it has been properly cut with the grain, the strip will stretch; if not, the muscle fibers will separate, and the strip will tear.

4. Chill the meat again while preparing the seasoning mixture.

5. Stir the seasoning blend well until all ingredients are dissolved.

DRYING AND SMOKING

1. Hang the strips, place the strips on smoker racks, or lay the strips in wire-mesh smoking baskets. (Wire-mesh baskets are preferable; hanging the strips will allow more of the product to be processed, but the use of baskets makes processing easier and faster.) A thermometer is not required for beef, pork, or any other kind of meat if the suggested high temperatures and long processing times are followed. You may use a common smoker with a heat source inside. To facilitate drying, the smoker chimney damper should be fully open.

2. Dry at 140° F (60° C) with no smoke until the surface is dry. This will require at least one hour. If the strips are on wire mesh, turn them over after 30 to 45 minutes to prevent sticking.

3. Raise temperature to 160° F (71° C) and smoke for 2 or 3 hours.

4. Raise temperature to 175° F (80° C) – for poultry, raise the temperature to 185° F (85° C) – and continue to dry with no smoke until done. This final drying and cooking step will require about three hours. When the jerky is done, it will be about half the thickness of the raw jerky, and it will appear to have lost about 50% of its weight. The jerky will not snap when it is bent, but a few of the muscle fibers will fray. If the jerky is dried until it snaps when it is bent, the jerky will have a longer shelf life, but it will not be as tasty. Let the jerky cool to room temperature and either freeze or refrigerate it.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.



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maple cure

Maple-Cured Bacon

SEASONING FOR 5 LBS. (2.25 KG) OF BACON

- 3 tbsp. (45 ml) Bradley Maple Cure (Do not use more than this amount.)
- 1 tsp. (5 ml) onion granules or onion powder
- 1 tsp. (5 ml) garlic granules or garlic powder
- 1 tsp. (5 ml) white pepper
- maple syrup (optional) 1 to 3 Tbsp.
- imitation maple flavor (optional) ½ to 1 tsp.

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

PREPARATION

For the kind of bacon popular in the United States, use pork belly. If you wish to make the British-style back bacon, use the same cut of meat that is used for ham, or use sirloin or loin. In all cases, however, the meat should not be more than about 2 inches (5 cm) thick. The width and length are not important, but the hunks or slabs of pork need to be small enough to fit in the curing containers and smoker. If the meat is more than about 2 inches (5 cm) thick, the curing time will be excessive.

BLENDING AND APPLYING THE CURING BLEND

1. Weigh the pork. If more than one curing container will be used, calculate separately the total weight of the meat that will be placed in each container. Refrigerate the meat while the cure mix is being prepared. (Any plastic food container with a tight-fitting lid – or a strong plastic bag – can be used as a curing container.)
2. Prepare, calculate, and measure the required amount of curing mixture for each container. Mix this curing blend until it is uniform.
3. Place the meat in the curing container(s). Rub the cure mix on all surfaces evenly. Cover, and refrigerate. The refrigerator temperature should be set between 34° and 40° F (2.2° to 4.4° C).
4. Overhaul the pieces of meat after about 12 hours of curing. (Overhaul means to rub the surfaces of the meat to redistribute the cure.) Be sure to wet the meat with any liquid that may have accumulated in the bottom of the curing container.
5. Overhaul the meat about every other day until the required curing time has elapsed. (Cure one week per inch: If the thickest piece is 1 inch, cure 1 week; if the thickest piece is two inches, cure the whole batch 2 weeks.)
6. When the curing is finished, rinse each piece of pork very well in lukewarm water. Drain in a colander and blot with a paper towel.
7. Wrap each piece of pork in a paper towel and then wrap again with newspaper. Refrigerate overnight.

SMOKING THE BACON

1. The next morning, remove the paper and dry the surface of the meat in front of an electric fan, or inside of a smoker heated to about 140° F (60° C). If a smoker is used, make sure that the damper is fully open. Do not use smoke. Drying the surface will require one or two hours.

(Continued on reverse)



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(Continued from front)

(Smoking continued)

2. When the surface is dry, cold smoke the pork for 3 hours. If your smoke chamber temperature is higher than 85° F (about 30° C), the smoking time might have to be shortened to prevent excessive drying.

3. Raise the smoke chamber temperature to about 150° F (65° C). Smoke about 2 or 3 hours more until the surface of the bacon takes on an attractive reddish-brown color. Remove the meat from the smoke chamber.

4. Let the meat cool at room temperature for about one hour. After cooling at room temperature, place the hunks of bacon in a container – uncovered – and chill overnight. The bacon may be sliced the following morning. Bacon that will not be consumed within about a week may be frozen.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

VARIETIES OF BACON

Irish bacon

Irish bacon is made from the same cut of meat used to make boneless pork chops: the boneless pork loin. Consequently, when Irish bacon is cured, smoked, and thinly sliced, it will have the same fat content and the same shape as a pork chop. Some people have been known to use a little Irish whisky in the curing blend.

Canadian bacon

A product called Canadian bacon is very popular in the United States. In Canada, a similar product called peameal bacon is popular. Both of these back bacons are made from the well-trimmed eye of the loin. When the eye of the loin is trimmed, leave about 1/8 inch (3 mm) of fat on the top. However, peameal bacon is rolled in cornmeal (rolled in yellow peameal in the old days) and is not smoked. Canadian bacon is usually smoked. Use the Bradley Sugar Cure Mix to cure the eye of the loin.

Spicy bacon

You can put your own signature on bacon by adding your favorite spice to the curing blend. Allspice-flavored bacon has a special appeal for some. A few people like the taste of cinnamon with pork. Use your imagination; you might make a great discovery!

Pepper bacon

Pepper bacon is very popular and is easy to process. Select the cut of pork that you like for bacon and cure it with your favorite Bradley Cure. Just before beginning the smoking of the bacon, use a basting brush to paint the surface of the bacon with maple syrup, light corn syrup or honey that has been diluted with a little water. Let the surface dry for a while until it becomes tacky, and then press on coarsely ground black pepper.

Jowl bacon

Jowl bacon is made from the cheek of the pig. It has layers of fat and lean just like belly bacon. Process it in the same way as you would process pork belly bacon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

Recipe continuation for

Maple-Cured Bacon



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Turkey Bacon

SEASONING FOR 5 LBS. (2.25 KG) OF BACON

- 3 tbsp. (45 ml) Bradley Maple Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) onion powder
- 1 tsp. (5 ml) white pepper

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

PREPARATION

The bones must be removed from the thighs. First, lay the thigh skin side down on a cutting board. Locate the bone with your fingers, and make a long slit through the flesh that is on top of the bone. Stroke along the bone with the tip of the knife. The flesh will gradually "peel" away from the bone. Remove the skin.

Rinse the meat in cold water and drain. Put the meat on paper towels with newspaper underneath to absorb the water that is on the bottom surface. Blot the top surface with paper towels.

CURING

The thickest piece of meat dictates the curing time for the batch. Six days are required if the thickest piece is one inch thick (2.5 cm). Three days are required if the thickest piece is a half inch thick (1.25 cm).

1. Weigh the dressed thighs, and place them in a curing container (a plastic food container). Prepare, calculate, and measure the required amount of curing mixture.
2. Rub the curing mixture on all surfaces of the meat. Cover and refrigerate. The refrigerator temperature should be set between 34° and 40° F (2.2° to 4.4°C).
3. Overhaul after about 12 hours. (Rub the surfaces again and re-stack.) Overhaul daily until the curing time has elapsed.
4. When the cure is finished, rinse each piece of meat very well in cool water. Drain. Return the meat to the cleaned curing container, but place layers of paper towels and newspapers between the layers of meat.

SMOKING THE BACON

The instructions below are for cold smoking. If you are not using a cold smoker, keep the temperature as low as possible.

1. Dry in front of an electric fan, or dry in a smoker (with no smoke) at about 140° F (60° C). It is dry when your finger slides easily on the surface.
2. Smoke at less than 85° F (30° C), if possible, for 3 to 6 hours. Raise the temperature to 145° F (63° C). Continue to smoke for 2 or 3 more hours until the product has a reddish-brown surface.
3. Cool at room temperature for 2 hours, then refrigerate, uncovered, overnight. The next morning, wrap all of the turkey bacon in plastic food wrap. Freeze the bacon that will not be consumed in two days.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

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Turkey Ham

SEASONING FOR 5 LBS. (2.25 KG) OF FOWL

- 3 tbsp. (45 ml) Bradley Maple Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) onion powder
- 1 tsp. (5 ml) white pepper

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

PREPARATION

It is very easy to remove the bone from either a turkey or chicken thigh. First, lay the thigh skin side down on a cutting board. Locate the bone with your fingers, and make a long slit through the flesh that is on top of the bone. Stroke along the bone with the tip of the knife. The flesh will gradually "peel" away from the bone. Remove the skin. The same technique can be used to remove the bone from a chicken drumstick.

Prepare the poultry as indicated; rinse in cold water and drain. Put the meat on paper towels with newspaper underneath to absorb the water that is on the bottom surface. Blot the top surface with paper towels.

CURING

The thickest piece of meat dictates the curing time for the batch. Six days are required if the thickest piece is one inch thick (2.5 cm). Three days are required if the thickest piece is a half inch thick (1.25 cm).

1. Weigh the dressed thighs and place them in a curing container (a plastic food container). Prepare, calculate, and measure the required amount of curing mixture.
2. Rub the curing mixture on all surfaces of the meat. Cover and refrigerate. The refrigerator temperature should be set between 34° and 40° F (2.2° to 4.4°C).
3. Overhaul after about 12 hours. (Rub the surfaces again and re-stack.) Overhaul daily until the curing time has elapsed.
4. When the cure is finished, rinse each piece of meat very well in cool water. Drain. Return the meat to the cleaned curing container, but place layers of paper towels and newspapers between the layers of meat.

SMOKING THE HAM

The instructions below are for cold smoking, and that is followed by cooking in a steamer. If you are not using a cold smoker, keep the temperature as low as possible.

1. Dry in front of an electric fan, or dry in a smoker (with no smoke) at about 140° F (60° C). It is dry when your finger slides easily on the surface.
2. Smoke at less than 85° F (30° C), if possible, for 3 to 6 hours. Raise the temperature to 145° F (63° C). Continue to smoke for 2 or 3 more hours until the product has a reddish-brown surface.
3. Wrap each piece in plastic food wrap. Stick the probe of an electronic thermometer into the thickest piece, and steam the meat until the internal temperature is 180° F (82° C). (A steamer may be improvised by using a large pan with an elevated rack inside; cover with a lid.)
4. Unwrap the pieces and drain them in a colander. Cool at room temperature for 2 hours, then refrigerate, uncovered, overnight. The next morning, wrap all of the turkey ham in plastic food wrap. Freeze the ham that will not be consumed in two days.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

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Whole Smoked Chicken

SEASONING FOR 5 LBS. (2.25 KG) OF CHICKEN

- 3 tbsp. (45 ml) Bradley Maple Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) poultry seasoning – packed in the spoon
- 2 tsp. (10 ml) onion powder
- 1 tsp. (5 ml) MSG (optional)
- 1 tsp. (5 ml) garlic powder
- 1 tsp. (5 ml) sage, rubbed – packed in the spoon
- 1 tsp. (5 ml) oregano
- 1 tsp. (5 ml) white pepper
- 1 tsp. (5 ml) paprika
- ½ tsp. (2.5 ml) dill powder
- ½ tsp. (2.5 ml) bay leaf powder

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

PREPARATION

The dark meat of the chicken will be pink even when it is fully cooked, and this meat will taste a little like cured ham. You may use any size of bird, or you may mix different sizes of birds. All the birds, regardless of size, may be processed in the same curing container.

The sizes are not important because the amount of cure is measured and applied to each bird according to its weight. Use young, tender, well-chilled chickens that are suitable for frying or broiling.

CURING

1. Rinse and clean the bird, and then let it drain in a colander. Next, use a sturdy fork to pierce the chicken all over, especially the legs and breast. Prepare the proper amount of cure according to the weight of the bird. (If more than one bird is being cured, prepare the proper amount for each bird.) Apply the cure uniformly to the bird; a shaker with large holes works well for this. Be sure to apply the cure to the inside of the body cavity as well as to the outside skin. Cure the chicken in the refrigerator for at least four days. Rub all surfaces to redistribute the cure (overhaul) once a day during that period. The refrigerator temperature should be set between 34° and 40° F (2.2° to 4.4° C).
2. At the end of the curing period, rinse the bird very well in cool water, and blot it inside and out. Stuff the body cavity with paper towels that have been wrapped around crumpled newspapers. Store it in the refrigerator overnight, preferably with the tail pointed upward. Put a paper towel and several layers of newspaper under the chicken to absorb the water.

SMOKING AND ROASTING

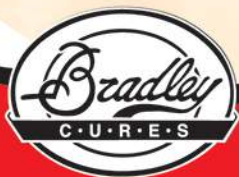
Smoking

1. The next morning, you will need to set up the smoker to finish drying the chicken. Preheat it to about 140° F (60° C).
2. If possible, hang the bird with the tail pointing up. This allows the melted fat and juices to fall freely into the drip tray instead of collecting in the body cavity.
3. Dry the bird in the smoker at 140° F (60° C). After the skin is dry to the touch (about an hour), cold smoke it for 3 hours at 85° F (30° C), or as low a temperature as possible. This will provide a mild smoke flavor. If you like a stronger smoke flavor, smoke the chicken for about 6 hours.

(Continued on reverse)



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(Continued from front)

(Smoking continued)

4. Apply cooking oil to the skin. Hot smoke at 145° F (63° C) until the bird takes on a beautiful reddish-brown color (probably two more hours).

Roasting

Remove the chicken from the smoker. Apply salad oil to the skin again. Cover well with foil, but do not seal the foil tightly – leave a few small openings in the foil for steam to escape. (Because the chicken has been browned in the smoker, additional browning is undesirable, and the foil prevents this. The loose wrapping of foil allows some steam to escape, but it also prevents excessive drying.) Add about 2 tbsp. (30 ml) of water to the inside of the foil, and roast the bird in a kitchen oven at 350° F (176° C) for about 2 hours. Use a meat thermometer to test for doneness. When the internal temperature is 180° F (82° C), it is done.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

Recipe continuation for

Whole Smoked Chicken



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SUGAR cure

Old-Fashioned Frankfurters

SEASONING & INGREDIENTS FOR 5 LBS. (2.25 KG)

- 7 ½ tsp. (37.5 ml) Bradley Sugar Cure (Do not use more than this amount.)
- 1 tbsp. (15 ml) coriander, ground
- 2 tsp. (10 ml) onion powder
- 2 tsp. (10 ml) black pepper, finely ground
- 1 tsp. (5 ml) salt (optional – see below)
- 1 tsp. (5 ml) mustard seed, ground
- 1/2 tsp. (2.5 ml) garlic powder
- 1/2 tsp. (2.5 ml) marjoram
- 1/2 tsp. (2.5 ml) mace
- 2 eggs, large, well beaten
- ¾ cup (160 ml) water
- 1 cup (240 ml) finely powdered skim milk

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE CASINGS

Prepare 14 feet (210 cm) of small-diameter hog casing; rinse, and then soak in water, in the refrigerator, overnight. Rinse again before stuffing the casing.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

THE MEAT

Grind 3 pounds (1360 g) of fatty pork butt and 2 pounds (900 g) of beef chuck with a ¾-inch (4.8-mm) plate – or use a plate with smaller holes, if available. If the meat is ground twice, it will become a little finer the second time. Chill the meat thoroughly.

PREPARATION

1. Mix the Bradley Sugar Cure, seasonings, water, and skim milk in an 8-quart (8-liter) stainless steel mixing bowl until they are thoroughly blended and the powdered milk has dissolved. (For a normal salt taste, add the optional 1 teaspoon of salt; for a mild salt taste, omit the salt.)
2. Add the meat and mix well with hands (about 3 minutes). Chill again.
3. Stuff the sausage in hog casings and twist the sausage rope into links.
4. Refrigerate at least one hour – overnight is better.
5. Continue processing by using one of the two options described below. (Frankfurters are traditionally smoked.)

COOKING AND SMOKING

Option 1 – Hot smoked

If you wish to hot smoke the frankfurters, hang the raw links in a 150° F (65° C) smoker until the outside is dry to the touch (this will require at least 30 minutes). Make sure that the damper is fully open. Raise the temperature gradually to 180° F (82° C). Close the damper most of the way in order to reduce the airflow and, thereby, reduce dehydration. Hot smoke at this temperature until the internal temperature is 160° F (71° C). Remove the links from the smoker and spray them with cold water until the internal temperature is below 110° F (43° C). Hang at room temperature for about 30 minutes. Refrigerate overnight before eating; this allows the smoke flavor to mellow. Freeze the links that will not be consumed within two days.

Option 2 – Smoking and steam cooking or poaching

Steam cooking will result in less shrinkage than cooking in the smoker. Follow the directions for hot smoking (above), but remove the links from the smoker when the internal temperature is about 135° F (57° C). Steam the sausage until the internal temperature is 160° F (71° C). Spray with cold water, hang at room temperature for about 30 minutes, and refrigerate.

Alternatively, after smoking, poach the franks in 180° F (82.2° C) water until the internal temperature is 160° F (71° C). Eat immediately, or spray with water and refrigerate, uncovered. After the sausage is chilled, package it in plastic bags. Freeze the links that will not be consumed within two days.



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German Bologna

SEASONING & INGREDIENTS FOR 5 LBS. (2.25 KG)

- 7 ½ tsp. (45 ml) Bradley Sugar Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) black pepper, finely ground
- 1 tsp. (5 ml) salt (optional – see below)
- 1 tsp. (5 ml) mustard seed, ground
- 1 tsp. (5 ml) celery seed, ground
- 1 tsp. (5 ml) garlic powder
- ½ tsp. (2.5 ml) coriander
- ½ tsp. (2.5 ml) nutmeg
- ½ cup (120 ml) chilled water
- 1 cup (240 ml) finely powdered skim milk

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE CASINGS

Soak fibrous casings in water for 30 minutes prior to using. If you are using 2 1/2 inch (6.4 cm) diameter casings that are about 12 inches (30 cm) long, four of them will be required.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

THE MEAT

Using a 3/16-inch (4.8-mm) plate, grind 3 pounds (1360 g) of well-chilled beef, venison, elk, or moose. Game meat should be trimmed of all fat before grinding. Next, grind 1 pound (450 g) of lean pork with 1 pound (450 g) of pork fat. Pass all the meat through the grinder twice if you want it to be finer. Chill the meat thoroughly.

PREPARATION

1. Mix the Bradley Sugar Cure, seasoning, water, and the powdered milk in a large bowl until the ingredients are uniform. (For a normal salt taste, add the optional 1 teaspoon of salt; for a mild salt taste, omit the salt.)
2. Add the meat to the seasoning mixture and blend well by kneading for about 3 minutes.
3. Stuff the sausage into fibrous casings. Insert the cable probe of an electronic thermometer in the open end of one of the sausages, and close the casing around the probe with butcher's twine.
4. Refrigerate the stuffed sausages overnight.

COOKING AND SMOKING

Smoking

Remove the sausage from the refrigerator, and place it in a smoker that has been heated to 150° F (65° C). Maintain this temperature with no smoke until the casing is dry to the touch. (Alternatively, dry the casing in front of an electric fan.) Raise the temperature to 160° F (71° C) and smoke the sausage for 3 to 6 hours. If you wish to cook the sausage in the smoker, raise the temperature to 180° F (82° C) and hot smoke until the internal temperature is 160° F (71° C).

Steam Cooking

After smoking for 3 to 6 hours, wrap each sausage in plastic food wrap (optional) and then steam them until the internal temperature is 160° F (71° C). (A steamer may be improvised by using a large pan with an elevated rack inside; cover with a lid.)

Cooling

As soon as the cooking is finished, chill the sausage in cold water until the internal temperature drops below 100° F (38° C). Refrigerate overnight before using.



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Italian Shrimp

MARINADE FOR 5 LBS. (2.25 KG) OF SHRIMP

- 1 cup (240 ml) olive oil
- ½ cup (120 ml) lemon juice
- ¼ cup (60 ml) onion, minced
- ¼ cup (60 ml) tomato catsup
- 2 tbsp. (30 ml) oregano powder
- 5 tsp. (25 ml) Bradley Sugar Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) garlic, minced or grated
- 1 tsp. (5 ml) white pepper, finely ground
- 8 drops of hot sauce

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE SHRIMP

Raw shrimp must be used. Medium- to large-sized shrimp work best. The expensive colossal size will offer no advantage. Peel the shrimp, leaving the tail fins attached. Devein the shrimp if you wish. Rinse in cold water and drain. Place the shrimp on a paper towel; blot them to remove excess water. Refrigerate while preparing the marinade.

PREPARATION

1. In a curing container (food container) large enough to hold the shrimp combine all of the marinade ingredients. Mix well.
2. Add the shrimp, and marinate in the refrigerator throughout the day and overnight. Stir from time to time.

SMOKING

To smoke the shrimp, you will need a wire-mesh smoking rack or a flat-bottomed smoking basket.

Shrimp cook very fast, so the taste will not be very smoky. If you want to enhance the smoke flavor, you may add 1 to 2 teaspoons (5 to 10 ml) of liquid smoke to the marinade.

Smoke at about 200° F (93° C). After about 30 minutes, taste a shrimp for doneness. Do not overcook. Overcooking shrimp will cause them to become rubbery.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.



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Lamb Ham



SEASONING FOR 5 LBS. (2.25 KG) OF LAMB

- 3 tbsp. (45 ml) Bradley Sugar Cure (Do not use more than this amount.)
- 1 tbsp. (15 ml) garlic powder
- 2 tsp. (10 ml) onion powder
- 1 tsp. (5 ml) oregano powder
- 1 tsp. (5 ml) black pepper
- ½ tsp. (2.5 ml) thyme powder
- ½ tsp. (2.5 ml) rosemary powder

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE MEAT

For this product, a boned and butterflied leg of lamb is required. Buy a small leg of lamb and ask the butcher to butterfly it for you. Get the sirloin half of the leg (the upper half), not the shank half (the lower half). When it is butterflied, the meat will lie flat, and the thickness will usually be 1 to 2 1/2 inches (2.5 to 6.3 cm).

Boned leg of lamb is easy to buy. If you need to butterfly it yourself, it is not hard to do. Put the boned leg on the counter with the skin side down. The meat will be thin in the middle where the bone was removed, but it will be thick to the left and right. Hold the knife horizontally, parallel with the top surface of the counter. Cut the middle of one of the thick parts almost to the outside edge and open the meat as you would open a book. Do the same with the thick part on the other side.

The leg of lamb is now butterflied – you now have one large slab of lamb. To make it easier to process, it is best to cut it into 2 or 4 smaller slabs.

Most of the fat should be removed. If the skin side of the meat has parchment-like membrane on it, it should be removed. This membrane is called fell, and it will make the meat taste gamey. Normally, the fell is removed by the meat processor before it is shipped to the retailer.

PREPARATION

1. Weigh the slabs of lamb. Prepare and measure the required amount of Bradley Sugar Cure and seasoning ingredients.
2. Place the lamb in a curing container (a large food container). Rub the curing mix evenly on the meat. Cover the lamb and refrigerate. The refrigerator temperature should be set between 34° and 40° F (2.2° to 4.4° C).
3. Overhaul the pieces of lamb after about 12 hours of curing. (Overhaul means to rub the surface of the meat to redistribute the curing mixture.)
4. Overhaul the meat about once a day for the first week, and then overhaul every other day until the required curing time has elapsed.
5. When the curing is finished, rinse each piece of lamb very well in lukewarm water. Drain. Wrap each piece in a paper towel and then wrap again with newspaper. Refrigerate overnight.

(Continued on reverse)



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COOKING AND SMOKING

Smoking

1. Place the slabs on smoking racks with the skin side down. Dry the surface in front of an electric fan, or dry at about 140° F (60° C) in the smoker until the surface feels dry (about an hour). Do not use smoke during the drying period.

2. When the meat is dry on the surface, cold smoke it at the lowest possible temperature for 3 to 6 hours. Raise the temperature of the smoker to about 145° F (63° C) and smoke the lamb until it takes on a reddish-brown color (about 2 hours). Remove the meat from the smoker.

Cooking

The lamb is not fully cooked when it comes out of the smoker. It needs to be cooked by any conventional method used to cook meat. Roasting in an oven until the internal temperature is 170° F (76.6° C) is probably the best option.

NOTE: *If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.*

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

Recipe continuation for
Lamb Ham



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Pastrami Beef or Wild Game



SEASONING & INGREDIENTS FOR 5 LBS. (2.25 KG)

- 3 tbsp. (45 ml) Bradley Sugar Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) garlic powder
- 2 tsp. (10 ml) onion powder
- 1 tsp. (5 ml) red pepper
- 1 tsp. (5 ml) white pepper
- 1 tsp. (5 ml) oregano
- 1 tsp. (5 ml) paprika
- ½ tsp. (2.5 ml) allspice
- ½ tsp. (2.5 ml) powdered ginger
- A small amount of light corn syrup and coarsely ground pepper are also required

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE MEAT – BEEF OR WILD GAME

Inexpensive cuts of meat are usually used to make pastrami. Almost any cut of beef or wild game can be used, but the most common cuts are beef brisket, plate, tri-tip, and shoulder. To be authentic, pastrami must be smoked.

Pastrami is thoroughly cooked. Depending on the processor, it is steamed, hot smoked, boiled, oven roasted, or possibly even grilled. (A modified form of hot water cooking is one of the methods suggested below, but other methods may be employed. Hot smoking can cause excessive drying. Oven roasting, too, can cause excessive drying unless precautions are taken.)

Exceedingly fat meat, or exceedingly lean meat (beef round, for example), should be avoided.

1. Cut off loose flesh and remove bloody spots and gristle to the extent possible. Remove excess fat.
2. Cut the meat into the sizes that you want to process. Remember that thick meat requires longer curing time.
3. Rinse all of the pieces of meat in cold water and drain them in a colander. Blot them with a paper towel. Place the meat in the curing container(s) (plastic food containers) you will use, and refrigerate it while the cure mix is being readied.

PREPARATION

Measure the thickest hunk and allow 6 days of curing time for every inch (2.5 cm) of thickness.

1. Weigh the meat. If more than one curing container will be used, calculate separately the total weight of the meat that will be placed in each container. Prepare, calculate, and measure the required amount of curing mixture for each container.
2. Place the meat in the curing container(s). Rub the cure mix on all surfaces evenly. Cover and refrigerate. The refrigerator temperature should be set between 34° and 40° F (2.2° to 4.4° C).

(Continued on reverse)



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(Preparation continued)

3. Overhaul the pieces of meat after about 12 hours of curing. (Overhaul means to rub the surfaces of the meat to redistribute the cure.) Be sure to wet the meat with any liquid that may have accumulated in the bottom of the curing container.
4. Overhaul the meat about every other day until the required curing time has elapsed.
5. When the curing is finished, rinse each piece of meat very well in lukewarm water. Drain in a colander and blot with a paper towel.
6. Use a basting brush to "paint" each piece of pastrami with light corn syrup or honey diluted with a little water (this will help the pepper stick to the meat). Wait a few minutes to allow the surface become tacky. Sprinkle and press on coarsely ground pepper.
7. Wrap each piece of beef in a paper towel and then wrap again with newspaper. Refrigerate overnight.

COOKING AND SMOKING

Option 1 – Traditional smoking and hot water cooking

1. Hang the pieces in the smoke chamber, or place them on smoking racks. Dry at about 140° F (60° C) until the surface is dry (about an hour). Do not use smoke during the drying period.
2. To avoid excessive drying and excessively dark coloration, smoke at less than 85° F (30° C) if possible. Smoke the pastrami for 3 to 6 hours depending on how smoky you want the meat. Raise the temperature to about 145° F (63° C) for an hour or two toward the end of the smoking time if a darker color is desired.

3. Put all of the meat in the hot water cooker at one time and press it below the surface. Maintain the hot water temperature as close to 200° F (93° C) as possible. Cook the meat about 2 ½ hours. This long period of cooking at this high temperature is to make the meat tender; even gristle will be tender. A thermometer inserted into the thickest piece of meat is not required because the cooking time and rather high temperature will ensure that it will be fully cooked. CAUTION: Raising the temperature to the boiling point will cause the plastic bags to balloon, the water to overflow the pot, and the meat to shrink excessively.

4. Remove the meat from the hot water cooker, open the plastic bags, remove the plastic wrapping, and drain in a colander.

5. Cool at room temperature for about two hours and refrigerate, uncovered, overnight. The next morning, the pieces of pastrami should be put in plastic bags and sealed. Freeze the portion that will not be consumed within one week.

Option 2 – Traditional cold smoking – then steaming or roasting

Use the traditional cold smoking (as explained in Option 1) to smoke the pastrami. However, instead of cooking with the hot water method, roast the pastrami in an oven, or steam it. In either case the pastrami is done when the internal temperature is 170° F (77° C). An aluminum foil tent should be used if the pastrami is cooked in an oven. If it is steamed, wrap each piece of pastrami in plastic food wrap before steaming, and use an electronic meat thermometer with a cable probe to monitor the internal temperature. (A steamer may be improvised by using a large pan with an elevated rack inside; cover with a lid.)

NOTE: If the salt taste is too mild, the next time you make pastrami, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

Recipe continuation for
Pastrami Beef or Wild Game



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Pastrami Sausage

SEASONING & INGREDIENTS FOR 5 LBS. (2.25 KG)

- 7 ½ tsp. (37.5 ml) Bradley Sugar Cure (Do not use more than this amount.)
- 1 tsp. (5 ml) salt (optional – see step #1 in preparation)
- 4 tsp. (20 ml) light corn syrup
- 4 tsp. (20 ml) black peppercorns, cracked
- 1 tsp. (5 ml) onion powder
- 1 tsp. (5 ml) garlic powder
- ½ tsp. (2.5 ml) cayenne
- ½ tsp. (2.5 ml) paprika
- ½ tsp. (2.5 ml) oregano
- ¼ tsp. (1.25 ml) allspice
- ¼ tsp. (1.25 ml) ginger powder
- ½ cup (120 ml) water
- 1 cup (240 ml) finely powdered skim milk

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE CASINGS

Fibrous casings about 2 ½ inch (6.4 cm) in diameter are suggested for this sausage. Four casings that are about 12 inches (30 cm) long will be required. Soak the casings in water for 30 minutes before stuffing.

THE MEAT – BEEF OR WILD GAME

Use 5 pounds (2.25 kg) of fatty ground chuck. You could also use 4 pounds (1800 g) of lean beef and 1 pound (450 g) of pork fat if you have only lean beef on hand.

Another option for the raw material would be venison, bear, elk, or moose. Wild game meat that has been trimmed of all fat and mixed with an equal amount of fatty pork would make an excellent product. Alternatively, rather than using 50% fatty pork, 75% well-trimmed game and 25% pure pork fat could be used.

Mince the meat with a ¾-inch (4.8-mm) plate. Refrigerate.

PREPARATION

1. Mix the seasoning, water, and the powdered skim milk in a large bowl until the ingredients are uniform. (For a normal salt taste, add the optional 1 teaspoon of salt; for a mild salt taste, omit the salt.)
2. Add the meat to the seasoning mixture. Knead it until it is well blended – about 3 minutes.
3. Stuff the mixture into the fibrous casings. Insert the cable probe of an electronic thermometer in the top of one of the sausages and close the casing around the probe with butcher's twine.
4. Refrigerate the sausage for a few hours, or overnight, to allow the curing agent to migrate to the center of each particle of meat.

Because pastrami is a smoked product, it is logical that this sausage should also be smoked, but smoking is optional. If you do not intend to smoke the sausage, proceed to the instructions for cooking.

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COOKING AND SMOKING

Smoking the sausage in fibrous casing

Remove the stuffed casings from the refrigerator and place them in a smoker that has been heated to 150° F (65° C). Maintain this temperature with no smoke until the casings are dry to the touch. Raise the temperature to 165° F (75° C) and smoke for 3 to 6 hours. Cook the sausage according to the instructions below.

Cooking

Wrap each sausage in plastic food wrap (optional). Twist the ends of the food wrap and secure the ends with a wire bread-bag tie. Steam the sausages until the internal temperature is 160° F (71° C). (A steamer may be improvised by using a large pan with an elevated rack inside; cover with a lid.)

Cooling

Chill the sausage in cold water as soon as the cooking is finished. Continue chilling until the internal temperature drops below 100° F (38° C). Refrigerate overnight before using.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

Recipe continuation for
Pastrami Sausage



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Polish Kielbasa

SEASONING & INGREDIENTS FOR 5 LBS. (2.25 KG)

- 7 ½ tsp. (37.5 ml) Bradley Sugar Cure (Do not use more than this amount.)
- 1 tsp. (5 ml) salt (optional – see step #1, below)
- 1 tsp. (5 ml) marjoram
- 1 tsp. (5 ml) garlic powder
- 1 tsp. (5 ml) black pepper
- ¾ cup (160 ml) water
- 1 cup (240 ml) finely powdered skim milk

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE CASINGS

Prepare 14 feet (210 cm) of small-diameter hog casing; rinse, and then soak in water overnight in the refrigerator. Rinse again before stuffing the casing.

THE MEAT

Grind pork shoulder butt with a 1/4-inch (6.4-mm) plate.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

PREPARATION

1. Mix the seasonings, water, and skim milk in a large stainless steel mixing bowl until they are thoroughly blended and the powdered milk has dissolved. (For a normal salt taste, add the optional 1 teaspoon of salt; for a mild salt taste, omit the salt.)
2. Add the meat and mix well. Knead for about 3 minutes.
3. Stuff the sausage in hog casings and twist or tie the sausage rope into eight rings. Each ring will have a circumference of about 1 1/2 feet (45 cm).

COOKING AND SMOKING

Option 1 – Hot smoked

If you wish to hot smoke the sausages, hang the raw links in a 140° F (60° C) smoker until the outside is dry to the touch (this will require at least 30 minutes). Make sure that the damper is fully open. Raise the temperature gradually to 180° F (82° C). Close the damper most of the way in order to reduce the airflow and, thereby, reduce dehydration. Hot smoke at this temperature until the internal temperature is 160° F (71° C). Remove them from the smoker and submerge them in cold water until the internal temperature is below 110° F (43° C). Hang at room temperature for about 30 minutes. Refrigerate overnight before eating; this allows the smoke flavor to mellow. Freeze the links that will not be consumed within two days.

Option 2 – Smoking and steam cooking or poaching

Steam cooking will result in less shrinkage than cooking in the smoker. Follow the directions for hot smoking (above), but remove the links from the smoker when the internal temperature is about 135° F (57° C). Steam the sausage until the internal temperature is 160° F (71° C) and submerge them in cold water until the internal temperature is below 110° F (43° C). Hang at room temperature for about 30 minutes. Refrigerate. (A steamer may be improvised by using a large pan with an elevated rack inside; cover with a lid.)

Alternatively, after smoking, poach the sausage in 180° F (82.2° C) water until the internal temperature is 160° F (71° C). Eat immediately, or submerge them in cold water until the internal temperature is below 110° F (43° C). Refrigerate, uncovered. After the sausage is chilled, package it in plastic bags. Freeze the sausage that will not be consumed within two days.



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Salami

SEASONING & INGREDIENTS FOR 5 LBS. (2.25 KG)

- 7 ½ tsp. (37.5 ml) Bradley Sugar Cure (Do not use more than this amount.)
- 1 tsp. (5 ml) salt (optional – see step #1, below)
- 4 tsp. (20 ml) black peppercorns, cracked
- 2 tsp. (10 ml) paprika
- 1 tsp. (5 ml) black pepper, ground
- 1 tsp. (5 ml) onion powder
- 1 tsp. (5 ml) garlic powder
- ½ tsp. (2.5 ml) nutmeg
- ½ tsp. (2.5 ml) allspice
- ¼ tsp. (1.25 ml) cayenne
- ¼ cup (60 ml) sherry (optional, but recommended)
- 2 tbsp. (30 ml) light corn syrup
- ½ cup (120 ml) water
- 1 cup (240 ml) finely powdered skim milk

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE CASINGS

Soak fibrous casings in water for 30 minutes prior to using. Four casings will be required if they are 2 ½ inches (6.4 cm) in diameter and about 12 inches (30 cm) long.

THE MEAT

Grind 3 pounds (1362 g) of beef chuck and 2 pounds (908g) of pork shoulder butt with a ⅜-inch (4.8-mm) plate.

PREPARATION

1. Mix the seasoning, water, and the powdered milk in a large bowl until the ingredients are perfectly blended. (For a normal salt taste, add the optional 1 teaspoon of salt; for a mild salt taste, omit the salt.)
2. Add the meat to the seasoning mixture and mix thoroughly. Knead about 3 minutes.
3. Stuff the sausage mixture into the fibrous casings. Insert the cable probe of an electronic thermometer in the open end of one of the sausages. Close the casing around the probe with butcher's twine.
4. Refrigerate the salami overnight.

COOKING AND SMOKING

Smoking

Remove the sausage from the refrigerator and place it in a smoker that has been heated to 150° F (65° C). Make sure that the damper is fully open while drying the surface. Maintain this temperature with no smoke until the casing is dry to the touch. (Alternatively, dry the casing in front of an electric fan.) Raise the temperature to 160° F (71° C) and smoke the sausage for 3 to 6 hours. If you wish to cook the sausage in the smoker, raise the temperature to 180° F (82° C) and hot smoke until the internal temperature is 160° F (71° C). Instead of cooking in the smoker, the sausages may be cooked by steaming, as explained below.

Steam Cooking

After smoking for 3 to 6 hours, wrap each sausage in plastic food wrap (optional) and then steam them until the internal temperature is 160° F (71° C). (A steamer may be improvised by using a large pan with an elevated rack inside; cover with a lid.)

Cooling

As soon as the cooking is finished, chill the sausage in cold water until the internal temperature drops below 100° F (38° C). Refrigerate overnight before using.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.



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Smoked Beef Tongue

SEASONING FOR 5 LBS. (2.25 KG) OF TONGUE

- 3 tbsp. Bradley Sugar Cure (Do not use more than this amount.)
- 1 ½ tsp. (7.5 ml) onion powder
- 1 tsp. (5 ml) oregano
- 1 tsp. (5 ml) black pepper
- 1 tsp. (5 ml) garlic powder
- ½ tsp. (2.5 ml) red pepper or cayenne
- 2 shredded bay leaves (Do not mix with ingredients listed above.)

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE TONGUE

Any size of beef tongue can be used, but tongue lovers claim that tongues weighing less than 3 pounds (1,400 g) are best. Another consideration is that small tongues cure faster than large tongues. Frozen tongues work just as well as fresh ones.

Scrub the tongue very well with a vegetable brush under lukewarm water. Drain and refrigerate it while preparing the cure.

PREPARATION

1. It is very important to pierce the tongue thoroughly. To get even better cure penetration, slice some of the skin off the top of the tongue where the tongue has the most bulk. Removal of some of the skin in this area will greatly improve the cure penetration.
2. Weigh the tongue. Prepare, calculate, and measure the required amount of curing mixture.
3. Place the tongue in a curing container having a tight-fitting lid. Sprinkle on the curing mixture and rub the meat well to ensure uniform distribution of the cure. Cut the required amount of bay leaf into very thin strips (scissors work well for this). Sprinkle the bay leaf strips on the tongue and rub again. Cover and refrigerate the tongue. The refrigerator temperature should be set between 34° and 40° F (2.2° to 4.4° C).
4. Overhaul the tongue after about 12 hours of curing (rub the tongue to redistribute the cure). When it is being overhauled, re-apply any juices that may have oozed from the meat.
5. Overhaul the tongue once a day for the first week and then overhaul it every other day until the required curing time has elapsed.

COOKING AND SMOKING

Cooking – Option 1

1. Rinse the cured tongue very well in lukewarm water. Put it in a sturdy and watertight plastic bag (two plastic bags, one inside the other, are even better). Remove as much air as possible. Seal the bag(s) tightly with a wire bread-bag tie and cook in water heated to 200° F (93° C). Make sure that the tongue is pressed below the surface of the hot water. CAUTION: If the water reaches the boiling point, the bags may balloon and burst.
2. Cook from 1 hour per pound (450 g) to 1 ¼ hour per pound. The longer time will result in a very tender product; the shorter time will produce a tongue with a little more resistance to the bite.

(Continued on reverse)



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(Cooking – Option 1 continued)

3. Open the plastic bag(s) and drain the tongue in a colander (juice from the cooked tongue will have accumulated in the plastic bag – this juice may be discarded). Skin the tongue and trim the root (the underside) with a sharp knife. Because the tongue has been cooked, the skin can now be peeled or sliced off easily. Rinse and drain again. (When slicing off the skin, you will notice that the tongue is a beautiful maroon color, even though it is fully cooked.)
4. Wrap the tongue in paper towels and then wrap it again with newspaper. Refrigerate overnight.

Cooking – Option 2

1. Rinse the cured tongue very well in lukewarm water. Wrap it tightly with plastic food wrap.
2. Insert the probe of an electronic meat thermometer into the thickest part of the tongue; stick the probe through the food wrap. (The electronic meat thermometer should be the type that has a cable attached to an external temperature-monitoring unit.)
3. Place the tongue in a steamer and steam it until the internal temperature reaches 170° F (77° C). Continue to steam for 45 minutes more so that the tongue will become tender. (A steamer may be improvised by using a large pan with an elevated rack inside; cover with a lid.)
4. Remove the tongue from the steamer, place it in a colander, and remove the plastic food wrap. Use a sharp knife to shave off the skin. Rinse the tongue again and drain it.
5. Wrap the tongue in paper towels and newspapers. Refrigerate it overnight.

Smoking

1. Dry the tongue in front of an electric fan. Blotting it from time to time with a paper towel will help the drying process go faster. Depending on the ambient humidity and other factors, the surface will become dry in one or two hours.
2. Rub the entire tongue with olive oil, peanut oil, or any other cooking oil. (The oil helps to prevent the surface from drying excessively, and it gives the tongue an eye-pleasing sheen.) Begin smoking.
3. Ideally, cold smoking at about 80° F (27° C), or less, is best. Six hours of cold smoking will impart a medium smoky flavor. The tongue may be smoked at higher temperatures, but the smoking time might have to be reduced to prevent excessive drying of the surface. If smoking is done at higher temperatures, re-application of cooking oil from time to time is advised.
4. Chill overnight, uncovered, in the refrigerator. Place the tongue in a plastic bag the following morning. Refrigerate or freeze the tongue until it is consumed.

Smoked tongue is gourmet fare, and it is very tasty when it is served either hot or cold. Slice it thinly and serve it as an appetizer. Try it for sandwiches. Try it on crackers, or mince it and add it to scrambled eggs or salad. Mustard and horseradish are traditional dressings for tongue, but you may find that these condiments are too harsh for the subtle flavors that are present in this product.

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

Recipe continuation for

Smoked Beef Tongue



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Smoked Duck



SEASONING FOR 5 LBS. (2.25 KG) OF DUCK

- 3 tbsp. (45 ml) Bradley Sugar Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) poultry seasoning – packed in the spoon
- 2 tsp. (10 ml) onion granules (or powder)
- 1 tsp. (5 ml) paprika
- 1 tsp. (5 ml) sage, rubbed – packed in the spoon
- 1 tsp. (5 ml) marjoram
- 1 tsp. (5 ml) thyme
- 1 tsp. (5 ml) white pepper
- 1 tsp. (5 ml) garlic granules (or powder)
- 2 bay leaves, cut into thin strips with scissors (Do not add to the ingredients above.)

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE MEAT

Smoked duck breasts are considered a delicacy in numerous European countries. The cure mixture used here contains many flavorful seasonings. The duck, or the duck breasts, will be very tender, and the meat will be perfectly seasoned.

The naturally dark meat of the duck will become an unbelievable maroon color in the finished product. The meat will titillate the eyes as well as the taste buds.

If a domesticated duck is purchased at a grocery store, be sure to buy a duck that has not been pumped with brine. If a pumped duck is used, the smoked duck will be much too salty.

DAY 1

Wash the ducks. Remove excess fat from around the necks and inside the body cavities. Leave sufficient skin in the front and back to prevent the flesh from being exposed. Pierce the ducks well, especially the breasts and legs; use a fork with sharp tines. Place the ducks in a curing container (a large food container). Mix the cure thoroughly and rub it on the birds – inside and outside. Sprinkle on the bay leaf and rub the ducks again. Place the lid on the curing container. Cure in the refrigerator for 6 days. The refrigerator temperature should be set between 34° and 40° F (2.2° to 4.4° C). Overhaul (rub all surfaces) several times during this period.

DAY 6

Rinse the ducks very well with cool water. Blot them with paper towels. Stuff the body cavities with crumpled newspaper that has been wrapped in paper towels. Wrap the whole birds with paper towels and wrap them again with newspaper. Put a paper towel and newspaper under the ducks to absorb the water. Store them in the refrigerator overnight.

(Continued on reverse)



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DAY 7, MORNING – SMOKING THE DUCKS

1. Lock the wing tips in place by twisting them behind the shoulder joints. On the back side, use butcher's twine to secure the upper part of the wings together
2. Tie the legs together securely with butcher's twine. Use a sturdy metal "S" hook to hang this string on a hanging rod, or pass a hanging rod under this string; this will allow the birds to be hung vertically – with the tail pointed up. If the whole birds are hung vertically in the smoke chamber, the smoke can easily flow through the body cavities. Hanging vertically also allows melted fat to fall freely from the body cavities into a drip tray. (If you must place the ducks horizontally on a smoking rack, use great care when the ducks are moved; spilling of the hot grease that has accumulated in the body cavities could cause a fire or an injury.)
3. Dry the birds in the smoker for about 1 hour at 140° F (60°C). Drying should continue until the skin no longer feels clammy. However, there may be a little melted fat on the skin. Do not use smoke during this drying time.
4. Smoke at the lowest possible temperature for about 3 hours and then smoke at about 150° F (65° C) for 3 hours. Smoking is complete when the birds have taken on an attractive brownish color. Decrease or increase these smoking times to suit your taste.

DAY 7, AFTERNOON OR EVENING – COOKING THE DUCKS

1. Preheat the kitchen oven to 350° F (175° C). Place the ducks on an elevated wire rack in a pan that is at least 1 inch (2.5 cm) deep. Placement on an elevated wire rack within a pan is important. The high oven temperature will cause a large amount of grease to collect in the bottom of the pan; if the ducks are not on an elevated rack, the backs of the ducks will be submerged in melted fat.
2. Cover each bird with a loose aluminum-foil tent and roast them until the internal temperature is between 160° F (71° C) and 180° F (82° C). This will require about 1 ½ to 2 hours. Experts on the preparation of duck usually cook the bird until the internal temperature is 160° F (71° C). Some food safety experts say that the internal temperature should be 180° F (82° C). You might wish to compromise at 170° F (77° C).

NOTE: If the salt taste is too mild, the next time you make pastrami, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.

Recipe continuation for
Smoked Duck



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Turkey Pastrami

PASTRAMI CURE MIX FOR 5 LBS. (2.25 KG) OF MEAT

- 3 tbsp. (45 ml) Bradley Sugar Cure (Do not use more than this amount.)
- 2 tsp. (10 ml) garlic powder
- 2 tsp. (10 ml) onion powder
- 1 tsp. (5 ml) red pepper
- 1 tsp. (5 ml) white pepper
- 1 tsp. (5 ml) oregano
- 1 tsp. (5 ml) paprika
- ½ tsp. (2.5 ml) allspice
- ½ tsp. (2.5 ml) powdered ginger
- A small amount of light corn syrup and coarsely ground pepper are also required

NOTE: If the meat weighs either more or less than 5 pounds (2.25 kg), the amount of cure mix applied must be proportional to that weight. For example, if the weight of the meat is 2.5 pounds (1.15 kg), then each ingredient, including the Bradley Cure, needs to be cut in half.

THE MEAT

Skinned and boned thighs of the turkey are the best material for making turkey pastrami. It is very easy to remove the bone from a turkey thigh. First, lay the thigh skin side down on a cutting board.

Locate the bone with your fingers and make a long slit through the flesh that is on top of the bone. Stroke along the bone with the tip of the knife. The flesh will gradually peel away from the bone. Remove the skin.

Next, rinse with cold water and drain. Put the meat on paper towels with newspaper underneath to absorb the water that is on the bottom surface. Blot the top surface with paper towels. Refrigerate until chilled.

PREPARATION

1. Weigh the skinned and boned thighs. If more than one curing container will be used, calculate separately the total weight of the meat that will be placed in each container. Prepare, calculate, and measure the required amount of curing mixture for each container.
2. Place the meat in the curing container(s). Rub the cure mix on all surfaces evenly. Cover, and refrigerate. The curing time should be one week. The refrigerator temperature should be set between 34° and 40° F (2.2° to 4.4° C).
3. Overhaul the pieces of meat after about 12 hours of curing. (Overhaul means to rub the surfaces of the meat to redistribute the cure.) Be sure to wet the meat with any liquid that may have accumulated in the bottom of the curing container.
4. Overhaul the thighs about every other day until the required curing time (one week) has elapsed.
5. When the curing is finished, rinse each piece of meat very well in cool water. Drain in a colander and blot with a paper towel.
6. Use a basting brush to paint each thigh with light corn syrup or honey diluted with a little water (this will help the pepper stick to the meat). Wait for a few minutes until the surface becomes tacky. Sprinkle and press on coarsely ground pepper.
7. Place as many thighs as possible on a paper towel, which has been placed on several layers of newspaper. Cover this with another paper towel and more newspaper. On top of this, continue to layer the paper and thighs in the same way. Refrigerate overnight.

(Continued on reverse)



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SUGAR *cure*

(Continued from front)

COOKING AND SMOKING

Smoking

1. Place the cured thighs on smoking racks or in smoking baskets. Dry at about 140° F (60° C) until the surface is dry (about an hour). Do not use smoke during the drying period.
2. To avoid excessive drying and excessively dark coloration, smoke the turkey at less than 85° F (30° C), if possible. Smoke the turkey pastrami for 3 to 6 hours, depending on how smoky you want the meat. Raise the temperature to about 145° F (63° C) for an hour or two toward the end of the smoking time if darker coloration is desired.

Steaming or roasting

The smoked pastrami may be roasted in an oven, or steamed. In either case, the pastrami is done when the internal temperature is 180° F (82° C). An aluminum foil tent should be used if the pastrami is cooked in an oven. If it is steamed, wrap each piece of pastrami in plastic food wrap before steaming, and use an electronic meat thermometer with a cable probe to monitor the internal temperature. (A steamer may be improvised by using a large pan with an elevated rack inside; cover with a lid.)

NOTE: If the salt taste is too mild, the next time you make this product, add about 1 teaspoon of salt to the ingredients list. If the salt taste is too strong, reduce the amount of Bradley Cure by about 1 teaspoon.

Instructions prepared by Warren R. Anderson, author of *Mastering the Craft of Smoking Food*.



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Recipe continuation for
Turkey Pastrami



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