

Injection Cure for Ham or Gammon

Makes a delicious sweet ham or gammon

Method

Ingredients	%	Example Batch (g)
1 PORK LEG	94.5%	4,725
2 SWEET BACON OR HAM CURE 10KG PAIL, SJ# OC31104	0.8%	40
3 COLD WATER	4.7%	235
	100%	5,000

- 1 Dissolve the cure mix in cold water
- 2 Inject the brine into the meat muscle, up to 5.5% of the meat weight
- 3 Vacuum pack, and store in the chiller, turning every 2-3 days, for a minimum of 15 days total
- 4 Remove from packaging, rinse and re-vacuum pack
- 5 Store in chiller until sold

Serving Suggestion

Image: Injection Cure for Ham or Gammon

Remember you can buy all your Ingredients, Packaging, Sundries and Machinery at competitive prices at www.scobiesdirect.com

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