

Homemade Prosciutto

with Spiced Blood Orange Tea

1 hind leg of pork (10-12 lbs)

3 lbs sea or kosher salt

1 C Spiced Blood Orange tea (brewed
and cooled)

1 T black pepper

1 T minced garlic

Cheesecloth

PREPARE THE MEAT

Trim the hind leg of pork to remove any excess fat and skin, leaving a thin layer of fat for flavor.

CURING

Mix the salt, black pepper, and minced garlic. Rub the mixture thoroughly over the pork leg, ensuring it is well-coated. Place the pork leg in a large container and pour the cooled Spiced Blood Orange tea over it. Cover the container and refrigerate for 4-6 weeks, turning the meat occasionally to ensure even curing.

RINSING AND DRYING

After the curing period, rinse the pork leg with cold water to remove excess salt.

Pat dry with paper towels. Wrap the pork leg in cheesecloth and hang it in a cool, dry place (or in the refrigerator) for 6-12 months, until it loses about 30% of its weight.

AGING

Check the prosciutto periodically. It should develop a firm texture and a rich, savory aroma. Once it reaches the desired dryness, slice thinly and enjoy! This process takes time and patience, but the result is a delicious, homemade prosciutto

To cure prosciutto properly in a refrigerator, you need to maintain a temperature between **35°F and 50°F** and a relative humidity level of **60% to 80%**

It's important to stay below **41°F** to prevent bacteria growth.

Achieving the Right Conditions

TEMPERATURE CONTROL:

Use a dedicated fridge: If possible, use a separate refrigerator for curing to avoid frequent temperature fluctuations caused by opening and closing the door.

Adjust the thermostat: Set your refrigerator to the desired temperature range. A wine refrigerator can be ideal as it often has a suitable temperature range for curing meats

HUMIDITY CONTROL:

Humidity trays: Place a shallow tray of water in the refrigerator to increase humidity. You can also use a damp sponge or cloth.

Humidity packs: Use commercial humidity packs designed for curing meats to maintain consistent humidity levels.

Monitoring Conditions

THERMOMETER AND HYGROMETER:

Digital devices: Use a digital thermometer and hygrometer to monitor the temperature and humidity levels accurately. These devices often come with alarms that alert you if conditions go out of range.

Placement: Place the thermometer and hygrometer in different parts of the fridge to ensure even distribution of temperature and humidity.

REGULAR CHECKS:

Daily monitoring: Check the temperature and humidity levels daily to ensure they remain within the desired range.

Adjustments: Make necessary adjustments to the water tray or humidity packs based on the readings.