

Canadian Bacon

This homemade Canadian bacon is cured in the refrigerator and offers a delicious, savory flavor perfect for breakfast or adding to your favorite dishes.

PREP TIME: 20 minutes

COOK TIME: 1 hour

TOTAL TIME: 3 days (including curing time)

2 lbs pork loin

1/4 C kosher salt

2 T brown sugar

1 t curing salt (Prague Powder #1)

1 t black pepper

1 t garlic powder

1 t onion powder

1/2 t ground mustard

1/4 C maple syrup

1/4 C brewed Lapsang Souchong tea,
cooled

PREPARE CURE: In a small bowl, combine the kosher salt, brown sugar, curing salt, black pepper, garlic powder, onion powder, and ground mustard.

RUB PORK: Rub the pork loin with the maple syrup, then coat it evenly with the cure mixture.

CURE IN REFRIGERATOR: Place the pork loin in a resealable plastic bag and refrigerate for 3 days, turning the bag once a day.

RINSE AND DRY: After 3 days, remove the pork from the bag, rinse it under cold water, and pat it dry with paper towels.

BAKE: Preheat oven to 200°F. Place the pork on a wire rack over a baking sheet and bake for 1 hour, or until the internal temperature reaches 150°F.

COOL AND SLICE: Let the Canadian bacon cool completely before slicing.