

Canadian (Peameal) Bacon

This is the "real" Canadian bacon although it is really a brined pork loin rolled in corn meal.

Sally has fond memories of this style of breakfast meat because she is Canadian on her mother's side. Cornmeal replaced crushed dried peas in the 1940's. I've tried using crushed, dried peas and I can see why they switched. Allow four days for soaking and another day for drying. The Prague powder contains nitrates that keep the meat pink and retard spoilage. I have plenty and would be happy to give you some to try this recipe.



Ingredients

- 4 lb. boneless lean pork loin
- 2 quarts of cold water
- 7 Tbsp. maple syrup
- 7 Tbsp. kosher salt
- 1 1/3 Tbsp. Prague powder #1 cure
- 7 pepper corns
- 2 tsp. mustard seeds
- 1 small bay leaf
- 1 cup coarse grind corn meal

Equipment

- Large plastic or glass container that can hold 3 quarts of water plus the pork loin
- Brine injector

Canadian (Pea meal) bacon:

<input checked="" type="checkbox"/>	Description	Time (min)
	Trim excess fat from the pork loin	5
	Place 1 quart of water in a blender	1
	Add 7 Tbsp. syrup, 7 Tbsp. salt, 1 1/3 Tbsp. Prague powder, 7 pepper corns, 2 tsp. mustard seeds, 1 bay leaf and blend to combine	4
	Draw liquid into brine injector. Inject brine into pork loin every inch to a depth of 3/4". Repeat as needed to inject evenly on all sides	5
	Place remaining brine in plastic container. Add 1 quart of water and mix.	1
	Place pork in brine. Submerge with plate if necessary.	1
	Cover and refrigerate	4 days
	Remove loin from brine and pat dry	1
	Roll the loin in corn meal. Pat with hands to cover thoroughly	2
	Place loin in an uncovered dish in the refrigerator to air dry	1 day
	Slice about 3/8" thick. Fry and serve	
	Total	20 minutes plus 5 days