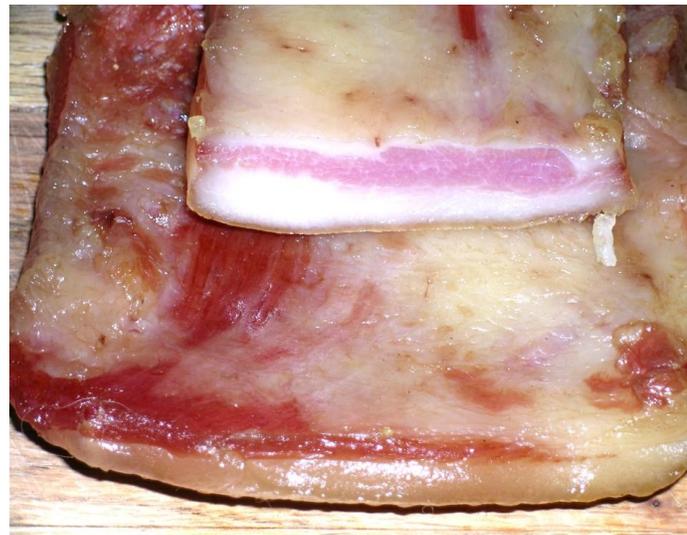


## Jowl Bacon – A Southern USA Treat

U.S.	Ingredient	Metric	Percent
4 lb.	Pork Jowls, trimmed	1825.0 g	92.66
1/4 cup	Salt	90.0g	4.57
1/4 cup	Sugar	50.0 g	2.50
3/4 tsp.	Cure#1	4.5 g	0.25
4 lb.	← Totals →	1.9 Kg	100%

**Note: Use metric weight & volume measurement for better control of ingredients. The U.S. measurements are an approximation of the metric measurements.**



**Pork Jowl – before trimming**



**Smoked Jowls**

### Method:

1. Trim the jowls by removing any trace of the salivary glands. These look like tiny “bubbles” of meat imbedded in the fat on the inner surface.
2. Next “square off” the jowl or, on some of the larger ones, trim the jowl into a triangle.
3. Make a salt brine (1/4 cup salt to 2 quarts of water) in a tub and, while you’re trimming the rest of the jowls, place them in the brine tub to kill any surface bacteria.
4. Let them soak for about 20-25 minutes, and then rinse under running water.
5. Place a layer of jowls in a food grade plastic tub, and sprinkle with the salt, sugar, cure mixture.
6. Cover the jowls with parchment paper, then waxed paper.
7. Place a board on the paper and add about 5 lbs of weight.
8. Store in the refrigerator for 5 days.
9. After removing from the refrigerator, scrub off any of the salt and soak under fresh water, the jowls for about 20-30 minutes.
10. Remove the jowls from the water and dry them well with a clean towel.
11. The jowls are cold-smoked at this point for 3-4 hours (or longer if you prefer a real smoky taste).
12. Refrigerate for several hours before use to facilitate even slicing of the bacon.

**Len Poli – Sonoma, California**

**Copyright © (All rights reserved) - October 2005**