

Petit Salé

This is not a recipe to eat but a recipe to make a facsimile of a French ingredient - lightly salted belly pork. The result is something milder and more pork-like than green streaky bacon, which is probably the closest regularly available (in the UK) substitute. Once cured, it is used in a variety of traditional French dishes such as *Cassoulet* and *Petit Salé aux Lentilles*.

Planning

serves:	depends
prep time:	7 days
cooking time:	n/a

Ingredients

30g caster sugar
5g sodium nitrite (optional -
cosmetic)
15g juniper berries
8 allspice berries
1 tsp peppercorns
1 tsp dried oregano
6 cloves
5 dried bay leaves
500g salt
2 kg belly pork

Method

Sterilize your hands, the work surface and a container (large enough to hold your pork) before proceeding. (Apparently, Milton Fluid works nicely.)

Put everything down to but not including the salt into a spice grinder or food processor and blitz it all together to a powder. If you started in a spice grinder, transfer now to a food processot, add the salt and blitz for another 30 seconds. You now have *Sel Aromatisé*.

Cover the bottom of your sterilized container with a layer of the *Sel Aromatisé*. Rub as much *Sel Aromatisé* into the piece of pork belly as you can then place it skin-side on top of the layer of *Sel Aromatisé* in the container. Pour the remaining *Sel Aromatisé* over it and cover with a lid or cling film. Refrigerate for 7 days then rinse and soak in clean, cold water for 24 hours to desalinate. Change the water 4 times.

Refrigerated, it will apparently keep for about 2 weeks but personally, I'd set about making a cassoulet almost immediately (assuming, of course, that I also had some *Duck Confit*).