

# NITRATE FREE AIR DRIED HAM

## Overview

Air dried hams, made with CMT's special sea salt and advanced nitrate reducing cultures are **completely free from E-Numbers**.

## Materials

The basis for the salt blend is specially selected **SEA SALT** whose residual nitrate is utilized by very advanced nitrate reducing cultures:

To cure 100 kg of meat, use:

CMT Sea Salt	approx	5.0 kg (5.0%)	
Starter Culture SG29	44.00082	25 gr/1 bag	
Rosalin	916/00	400 gr	
<b>Optional flavour variations:</b>			
Roschi Land AF	496/45	200 gr	
Lakarom D, Italian sweet cure flavour	494/28	250 gr	OR
Lakarom W, natural Juniperberry flavour	494/24	250 gr	OR
Lakarom H, pure honey extract	494/32	250 gr	OR

## Process

1. Weigh all ingredients accurately and mix thoroughly.
2. Rub salt-blend into meat. Score rind if necessary.  
**USAGE RATE:** 50 gr of salt-blend per 1 kg of meat.
3. Vacuum pack meat and put in fridge. Temperature must not exceed 6C  
**RULE OF THUMB:** curing time depends on size of meat to be cured. Start with approx 2.5-3 days per 1 kg meat

## Useful Tips

1. Meat-selection is very important for a satisfactory dry-curing process. **AVOID PSE MEAT** because it is too "watery".
2. The LAKAROM-products are completely natural and do not contain any declarable substances.
3. Dry-curing is to a certain extend "trial and error". Only with experience will salt levels and curing times for a given piece of meat be consistent.

The above recipe and method is accurate to the best of our knowledge. Yet no responsibility or liability can be accepted for any eventual product failure.