

Chinese Bacon: lop yok or laap yuk - "cured meat"

Chinese bacon is used not as a breakfast item, but as a flavoring agent for vegetable stir-fry dishes

U.S.	Ingredient	Metric	Percent
8 lb.	Pork belly	3650.0 g	95.35
4½ Tbs.	Salt	100.0 g	2.60
4 tsp.	Sugar	52.0 g	1.36
1½ tsp.	Cure #1	9.0 g	0.25
2 tsp.	5-Spice Powder	5.0 g	0.13
2 tsp.	Pepper, White	5.0 g	0.13
2 stars	Star Anise	4.0 g	0.10
1½ tsp.	Sichuan Pepper*	3.0 g	0.08
8 lb.	← Totals →	3.8 Kg	100%



**Sichuan or Chinese brown "pepper" (Zanthoxylum piperitum) is no longer imported into the USA (USDA forbids import of citrus family plants), however some lucky people have a supply.... you can omit it or use black pepper as a poor substitute.*

Bacon strips prepared for curing. →



Method:

1. Cut pork belly into 1-2 inches wide strips.
2. Heat (medium heat) the salt, white pepper, 5-spice powder, star anise and Sichuan pepper together until salt turns brown and the flavor comes out....3 or 4 minutes.
3. After cooling, add the spices to the cure and the sugar and mix well.
4. Use only 1/2 of the cure. Rub the cure on all sides of the bacon pieces and cure for 48 hrs. Rub the remaining ½ of the cure and refrigerate for another 48 hours.
5. Wash off the spices and excessive salt on the surface. Allow bacon to dry completely before smoking.
6. Place the bacon strips in the smoker (light smoke) at about 86° (30°C), 2 hours then raise the temperature to about 120°F (50°C) and heavy smoking for about 3 hours.
7. Chinese bacon is generally diced and stir-fried and added to dishes as a flavoring agent.
It must be cooked before eating!

**Len Poli – February, 2005
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