

# Pressed Ham Loaf

U.S.	Ingredient	Metric
3 ¾ lb.	Pork shoulder, chili grind	1700.0 g
2 ¼ lb.	Ham or Pork, cured*	1000.0 g
2 Tbs.	Molasses	35.0 g
1 Tbs.	Sugar, brown	22.0 g
¾ tsp.	Salt	17.0 g
½ tsp.	Cure #1	3.0 g
½ tsp.	Garlic, powdered	1.8 g
<1/8 tsp.	Sodium erythorbate	1.5 g
¼ tsp.	Pepper, black, ground	0.5 g
¼ tsp.	Allspice, ground	0.4 g
<1/8 tsp.	Cloves, ground	0.2 g



Collagen/fibrous casing

**6 lb.                      ← Totals →                      2.8 Kg.**



**My eBay Treasure**



\* **36 hours before preparation**, cure the ham or pork meat as follows: Cut meat into random sizes about 2+ inches (5+ cm) each. Put all of the ingredients listed below in a container with ½ gallon of water and the pork and pulled a vacuum 2 or 3 times; then let it marinate for about 36 hours under vacuum in the fridge.

1 cup Dark brown sugar  
½ cup Salt  
3 Tbs. Cure #1

2 Tbs. Garlic powder  
2 Tbs. Black pepper, fine grind.  
1 Tbs. Celery seeds

2 tsp. Allspice  
½ tsp. Cloves  
1 Bay leaf

## Method:

1. Make a meat “paste” by combining the uncured, ground pork with the remaining ingredients.
2. Line a ham mold with collagen or fibrous casing so meat will release easily after cooking.
3. Place some of the meat paste along the bottom of the mold; imbed cured pork chunks in the paste. Cover with a little more of the paste.
4. Continue until all the cured pork is imbedded in the paste, then top off with a layer of paste.
5. Smooth over the casing to cover the meat paste.
6. Place the spring cover on the mold and press down as tightly as possible.
7. Cook in 180°F (82°C) water for 2 hours; remove to an ice bath, when mold is cold, un-mold meat and refrigerate until use.

**Len Poli/Glenn Shapley  
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