

WEEK

Troubleshooting plus Q & A

You bring the topics!

After 3 weeks of working through the intro steps on nose-to-tail butchery, I know there will be questions, so this is your chance to get all the answers, plus we will be making **BACON** and nose-to-tail burgers!!

Modern Stone Age Kitchen Bacon

Make the best bacon possible plus save a ton of money by making this delicious bacon in your home kitchen!



You will need a scale, a vacuum sealer, and a smoker to make this bacon. If you don't own them, then ask a neighbor to borrow them. Believe me, making this bacon is worth the effort; just make sure to give your neighbor a pack of bacon when you return the equipment!

Ingredients

- 10 pounds pork belly (aka fresh side), skin on
- 114 grams salt
- 114 grams Muscovado sugar (or sugar of choice)
- Whiskey, white wine, or other alcohol for rinsing

Directions

Mix the salt and sugar in a small bowl and rub all over the belly, making sure to concentrate on the surfaces not covered by the skin. Cut the belly into portions to fit inside vacuum bags and, vacuum seal them to remove air. Place them in the refrigerator for 10 days to cure.

Bacon continued

At the end of the curing phase, remove the belly from the bags, rinse with alcohol to remove excess salt and sugar, and hang in cool, breezy location or set in the fridge, uncovered, for a few hours so the surface dries and forms a skin known as a pellicle. This pellicle helps the smoke adhere to the bacon. Hot smoke the belly pieces at 170°F until you reach an internal temperature of 145°F.

Remove the bellies from the smoker, allow to cool completely, and wrap tightly with plastic wrap. Refrigerate them for 24 hours for the flavors to mellow. Slice them with a meat slicer or a very sharp knife. The bacon can be cooked immediately, stored in the fridge for a week, or in the freezer for several months.

Notes:

This recipe is adaptable to any size belly. The ratio is 2.5% salt and 2.5% sugar calculated against the weight of the belly. To calculate the amount of salt and sugar, you need weigh the belly in grams and multiply by 0.25.

You don't need to use sugar! If you omit sugar, use 3% salt instead of 2.5%.

Get creative! You can add all sorts of herb and spices to the salt and sugar. Black peppercorns, rosemary, and red pepper flakes are excellent choices.

Notes on Bacon

[illegible]

The Ultimate Nose-to-Tail Burger

A true nose-to-tail approach to an American classic!

Burgers are an American classic.

When they are made from healthy beef raised on grass, they are an excellent source of protein and fat. Some people are even using them as a vehicle to include organ meats into their diets without having to deal with the strong flavors and strange textures. While I am not a fan of disguising food, the ability to grind different parts and put them back together provides an opportunity to do something more with a burger and to eat with a more nose to tail approach.

In developing this recipe, I calculated the breakdown of the different parts of beef cattle and created a burger with percentages of meat (70%), fat (17%) and organs (13%) that is reflective of the entire animal. The combination of grinding and cooking makes the nutrients found in meat more bioavailable. This burger made with a combination of fat, offal, and ground and cooked meat this is literally a powerhouse of nutrients that represents an ancestral nose to tail approach to animals. Meat grinder attachments for stand mixers are affordable at around \$60 and hand crank meat grinders are cheap and easy to find at secondhand stores. Many small butchers will custom grind for their customers. Alternatively, you can completely skip the grinding step by finely mincing the organs and adding it along with the herbs and spices in the recipe below to 1 pound of already ground grass-fed beef (80% lean, 20% fat).

Ingredients:

Chicken Wings
1 Part Hot Sauce
1 Part Butter

Nose-to-Tail Burgers continued page 2

Ingredients:

- 1 pound beef boneless chuck or other beef that contain approximately 80:20 lean to fat ratio
- 2.5 ounces organs (any combination of heart, liver, spleen, kidneys)
- 1 garlic clove, minced
- 1 teaspoon smoked paprika
- ¼ teaspoon onion powder
- ¼ teaspoon salt
- ½ teaspoon pepper
- 1 tablespoon Worcestershire sauce

Cut the meat, fat and organs into 1-inch cubes and place in the freezer for a half hour to chill. This will help ensure the fat does not smear during the grinding. Remove from freezer and grind through the plate with the largest holes into a bowl. Add herbs and spices, mix well by hand, and place the bowl in the freezer so that the meat remains cold while you switch over to the medium grind plate. When the grinder is ready, remove the ground meat from the freezer and grind one more time. Form into four equal size patties. Cook immediately or store in an airtight container for 3 days in the refrigerator or 3 months in the freezer.

NOTE: If you have access to a variety of organs and want to create a burger with a representative accuracy down to the organ here is a full breakdown:

- 13 ounces lean beef,
- 1 ounce marrow,
- 2 ounces fat,
- 1 ounce liver,
- ¼ ounce spleen,
- ¾ ounce heart,
- ½ ounce kidney



Week 4 Notetaking Guide

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Week 4 Notetaking Guide Continued

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Week 4 Reflection

Use the space below to reflect on our last virtual class and list any questions you may have. Remember to post in the Facebook group so we can learn from one another.



Nose-to-Tail Course Review

Use this space to reflect on the class - what you learned, questions you have and next steps in your nose-to-tail and butchering journey!

01 WEEK

Topics: Prehistory of animal consumption, How ancestral groups around the world today are using nose-to-tail techniques; What nose-to-tail eating/cooking really means; Necessary equipment; How to source quality meat

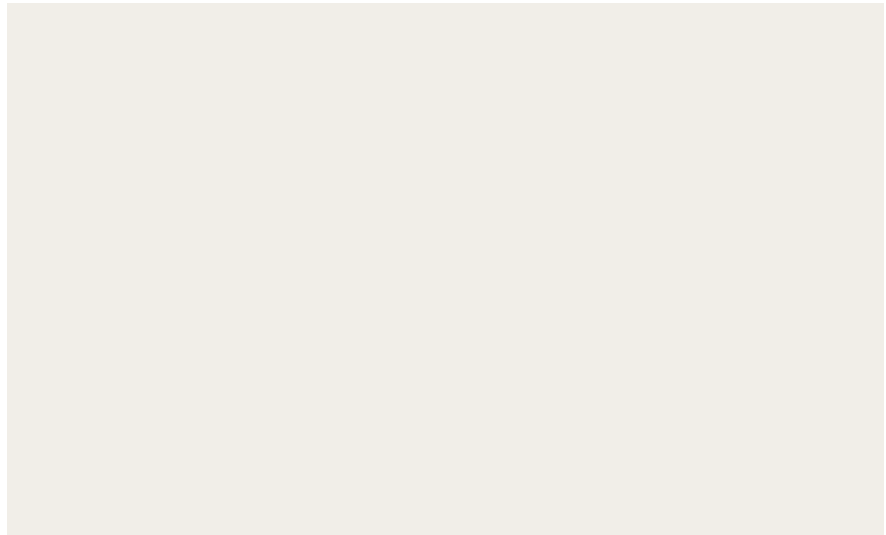
02 WEEK

Home Butchery:
Whole chicken butchery;
Spatchcocking;
Recipes including roasted spatchcock chicken with root vegetables, tallow-fried wings, and grilled chicken caesar with crispy chicken skin,

03 WEEK

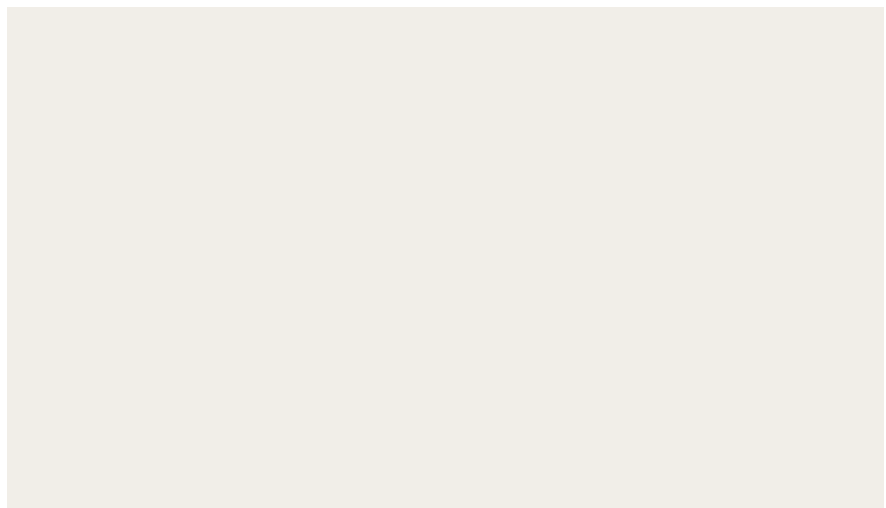
Introduction To Offal

Topics: Sourcing, cleaning and storing organs; Rendering fat/cracklings; Recipes including chicken liver pâté, deviled kidney & spleen, and pork rinds and cranklin's,



04 WEEK

Troubleshooting, Q&A plus making bacon and nose-to-tail burgers!



We hope you enjoyed this unique format to virtually learn how to make butcher and make nose-to-tail dishes in your home. May these new skills nourish your family for years to come!