

Bresaola

Source: *The River Cottage Meat Book* – Hugh Fearnley–Whittingstall
A ‘classic Italian salt-cure’ that makes something a bit special from a silverside joint

Ingredients:

3.5 – 4.5kg silverside

For the marinade:

1kg coarse sea salt

12 sprigs of rosemary

12 bay leaves

20 cloves

4 garlic cloves, crushed

1 table spoon cracked black peppercorns

2 teaspoons dried chilli flakes

5 - 6 strips of orange zest

5 - 6 strips of lemon zest

1 bottle red wine

Method:

Trim the outside of the meat of any fat or sinews and remove the string from the joint.

Mix together the ingredients for the marinade, place in a non metallic container into which the joint will fit snugly. Add the meat, turning it to coat well. Cover and leave in a cold place or the fridge for 5 days, turn the meat over twice each day. Then remove from the marinade and pat dry with a tea towel. Wrap it in a double layer of muslin, tie up with string and hang in a dry, but cool and draughty place for at least 10 days.

Trim the bresaola before slicing. Cut away the outer 5mm from the bit you are going to slice. Slice very thinly across the grain, for best results use an electric meat slicer to produce wafer thin slices.

The bresaola will keep for up to a month if wrapped in muslin and hung in a cool place.

To serve: trickle with extra virgin olive oil and a few drops of lemon or other citrus fruit juice.

Our note:

We used a smaller joint 2.5 kg and adjusted down the quantity of marinade ingredients (important to reduce the salt!). This was plenty for lots of people over several meals. Borrowing an electric meat slicer really made a difference to the end result - bresaola needs to be served in wafer thin slices. The smell during curing is wonderful; it will definitely put you in a festive mood.