

# Food Skill #8

## CURING MEAT

### NOTE

PREPPERS KNOW PROTEIN IS 2<sup>ND</sup> TO CARBS IN SURVIVAL AND THAT PRESERVING MEAT IS CRUCIAL

### 6 Key Meat Curing Skills

1. SALT: REMOVES MOISTURE NATURALLY
  - A. HOARD SALT FOR BACTERIA BARRIER
  - B. RAMA NOODLES WILL ALSO DEHYDRATE
2. SMOKE: KEEP SMOKER TRAP SMALL
  - A. COOK LOW TEMPS AND LONG.
  - B. OVERCOOK JERKY IF BUGGING OUT
  - C. STORE IN ROOT CELLAR TO STEM MOLDS
3. DRIED: SOLAR OR AIR DRIVEN DEHYDRATOR
4. HANG: VENISON CAN HANG FOR A WINTER
  - A. HANG COVERED OR INSIDE WHEN WARM
  - B. FLIES / LARVAE AVOIDED AT ALL COST
5. JERKY: COMBINE SEASONING AND SMOKE
6. CAN: 1 INCH CHUNKS AND BOIL @ 2 HOURS

### POINTERS:

1. SMALL THIN STRIPS QUICKEN THE PROCESS
2. SALT AND HANG IN ROOT CELLAR
3. FOWL AND PORK ARE HIGHER RISK
4. SALTY RAMA NOODLES WILL DEHYDRATE MEAT
5. PRACTICE SKILLSETS BEFORE PEAK STRESS
6. WORK THESE MEATS IN DIET BEFORE SHTF