

# The Dutch Way To Salt Beef

## Ingredients

10 lbs. of lean beef, 1 lb. of treacle, 1 oz. of saltpetre, 1 lb. of common salt.

## Method

Rub the beef well with the treacle, and let it remain for 3 days, turning and rubbing it often; then wipe it, pound the salt and saltpetre very fine, rub these well in, and turn it every day for 10 days. Roll it up tightly in a coarse cloth, and press it under a large weight; have it smoked, and turn it upside down every day. Boil it, and, on taking it out of the pot, put a heavy weight on it to press it.

*Source: Mrs Beeton's Book of Household Management (1861)*

*Ingredify <https://ingredify.com>*