

To Cure Sweet Hams In The Westmoreland Way

Ingredients

3 lbs. of common salt, 3 lbs. of coarse sugar, 1 lb. of bay-salt, 3 quarts of strong beer.

Method

Before the hams are put into pickle, rub them the preceding day well with salt, and drain the brine well from them. Put the above ingredients into a saucepan, and boil for 1/4 hour; pour over the hams, and let them remain a month in the pickle. Rub and turn them every day, but do not take them out of the pickling-pan; and have them smoked for a month.

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

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