

# To Salt Beef

## Ingredients

1/2 round of beef, 4 oz. of sugar, 1 oz. of powdered saltpetre, 2 oz. of black pepper, 1/4 lb. of bay-salt, 1/2 lb. of common salt.

## Method

Rub the meat well with salt, and let it remain for a day, to disgorge and clear it from slime. The next day, rub it well with the above ingredients on every side, and let it remain in the pickle for about a fortnight, turning it every day. It may be boiled fresh from the pickle, or smoked.

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

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