Transcript: Preserve Meat FOREVER with Historical Salt Cured Method!

Video ID: HNJ\_FK9132I

Extraction Date: 2025-04-02 06:46:46

**[00:00:00]** hey everyone welcome back today I am

**[00:00:03]** super excited to share with you how you

**[00:00:05]** can preserve meat forever

**[00:00:09]** with just one ingredient the only thing

**[00:00:11]** that you need to make your meat shelf

**[00:00:14]** stable and preserved for all of eternity

**[00:00:17]** is some good quality salt

**[00:00:20]** this is not a New Concept we can trace

**[00:00:23]** back the use of salt as a preservation

**[00:00:25]** method all the way back to ancient

**[00:00:27]** civilizations like Rome and Egypt

**[00:00:30]** now with the Advent of refrigeration and

**[00:00:34]** freezers this has kind of fallen out of

**[00:00:35]** favor and it's almost becoming a lost

**[00:00:37]** art so how does this actually work

**[00:00:40]** when we salt meat it draws out the

**[00:00:43]** moisture creating an in-hospital

**[00:00:45]** environment to bad bacterias such as

**[00:00:47]** listeria and creating a hospital

**[00:00:50]** environment for bacterias that love salt

**[00:00:53]** these bacterias move in and create

**[00:00:56]** lactic acid lactic acid then in turn

**[00:01:00]** changes the flavor makes it even more

**[00:01:03]** delicious and promotes good molds like

**[00:01:06]** penicillin

**[00:01:07]** and I know mold on your food might sound

**[00:01:09]** a little scary but it goes back again

**[00:01:11]** for ages and ages very traditional and

**[00:01:15]** good for you

**[00:01:16]** there's only three things that we need

**[00:01:18]** to get started we need our good quality

**[00:01:21]** meat

**[00:01:22]** a bin of some type to do your curing in

**[00:01:27]** some pure salt

**[00:01:30]** you want to check that your salt is only

**[00:01:32]** one ingredient that's the really really

**[00:01:34]** important part here your salt should

**[00:01:36]** only be salt if you check the back of

**[00:01:38]** the container of salt you might be

**[00:01:40]** surprised that there's often two or

**[00:01:42]** three more ingredients than Salt a lot

**[00:01:44]** of times that's to help it not Clump

**[00:01:47]** together to make it more pourable

**[00:01:49]** sometimes salts are fortified to have

**[00:01:52]** extra minerals in them

**[00:01:54]** but we do not want that in our meat so

**[00:01:56]** make sure that you Source a pure salt

**[00:01:58]** that can be a sea salt Himalayan pink

**[00:02:02]** salt cell grease there's lots of

**[00:02:05]** different salts um but just make sure it

**[00:02:07]** is pure salt I like to get mine from

**[00:02:09]** Azure standard they have good prices on

**[00:02:11]** bulk salt and so I'll usually just buy

**[00:02:14]** like a 25 pound bag and then I'm set for

**[00:02:17]** a year or so

**[00:02:18]** so I've got a small one here

**[00:02:22]** and I put a little bit of pepper on it

**[00:02:25]** totally optional not necessary but

**[00:02:27]** delicious

**[00:02:28]** so now I'm going to show you guys

**[00:02:31]** on this larger cut how to do the same

**[00:02:34]** thing

**[00:02:35]** this is all really thick piece of pork

**[00:02:38]** belly and it still has all the fat on

**[00:02:40]** so it's going to give us definitely a

**[00:02:42]** different product

**[00:02:44]** the nice skinny little guy well they're

**[00:02:47]** both going to be equally delicious and

**[00:02:48]** we use the exact same method to cure

**[00:02:50]** both pieces of meat

**[00:02:54]** so this is called the salt box method

**[00:02:56]** and the theory is whatever sticks to the

**[00:02:59]** surface of the meat

**[00:03:02]** is enough to cure it

**[00:03:05]** there's a lot of recipes now that are

**[00:03:09]** very technical and get really

**[00:03:11]** overwhelming and discouraging because

**[00:03:13]** you have to weigh things out to the gram

**[00:03:17]** and they call for curing salts and all

**[00:03:20]** these additives and extra things and if

**[00:03:23]** you think about it like I said earlier

**[00:03:25]** this is a very ancient and time-tested

**[00:03:28]** preservation method and I highly doubt

**[00:03:31]** that the ancient Egyptians and Romans

**[00:03:33]** were sitting there with their digital

**[00:03:34]** scales weighing everything

**[00:03:37]** to the precise gram

**[00:03:40]** so I like the Saltbox method it has been

**[00:03:44]** no fail for me so far on muscle whole

**[00:03:47]** muscle cures

**[00:03:48]** [Music]

**[00:03:50]** there we go

**[00:03:52]** a nice even little coating of salt all

**[00:03:54]** over him

**[00:03:56]** and that's all it takes to make this

**[00:03:58]** beautiful hunk of pork shelf stable for

**[00:04:02]** now until all of eternity

**[00:04:05]** [Music]

**[00:04:06]** we're gonna set it in this bus tub

**[00:04:10]** now I have a bus tub so this is what I'm

**[00:04:13]** going to use but if you don't have one

**[00:04:14]** don't feel like you need to run out and

**[00:04:15]** buy one you can use the vegetable

**[00:04:18]** crisper in your fridge and that's going

**[00:04:20]** to work just as well you can put it on

**[00:04:24]** um like I have it on a little cooling

**[00:04:26]** rack here just a cheap little cooling

**[00:04:28]** rack to keep it out of the brine because

**[00:04:30]** as the salt does it's a work it's going

**[00:04:33]** to pull out all the moisture right

**[00:04:35]** and that's the whole point in some cures

**[00:04:38]** we want it to sit in the Brine and have

**[00:04:41]** that osmosis like with a ham when you do

**[00:04:44]** something in a brine it sucks that salt

**[00:04:46]** water back into itself so it can

**[00:04:49]** penetrate deeply through a thicker cut

**[00:04:51]** of meat like a ham or a loin in those

**[00:04:55]** situations we would want the osmosis but

**[00:04:57]** in this one for a flatter thin piece of

**[00:04:59]** meat like for a pork belly

**[00:05:01]** or maybe a

**[00:05:05]** um like a Slimmer cut of beef we really

**[00:05:07]** don't want that because it'll get too

**[00:05:08]** salty so either set it up on a little

**[00:05:11]** tray so that it can drain and not sit in

**[00:05:13]** the fluid or be really studious about

**[00:05:16]** emptying this container once or twice a

**[00:05:18]** day

**[00:05:19]** we're gonna let these sit somewhere cool

**[00:05:21]** for about five days or until you're not

**[00:05:25]** seeing liquid come out anymore

**[00:05:27]** so a really big piece of meat you might

**[00:05:30]** need to go eight or nine days and if you

**[00:05:32]** forget about them in the fridge for

**[00:05:33]** eight nine ten days nothing bad is going

**[00:05:36]** to happen to them so minimum five days

**[00:05:39]** up to a week or two when you get to them

**[00:05:43]** and then we'll be back for the next step

**[00:05:46]** welcome back everybody

**[00:05:49]** um it's actually been 10 days since our

**[00:05:51]** last segment and if I seem a little off

**[00:05:55]** today

**[00:05:56]** I'm pretty sick so that's why it's been

**[00:05:59]** so long and in between also

**[00:06:02]** so nothing is wrong with going a little

**[00:06:06]** over which I mentioned before it's

**[00:06:07]** pretty flexible

**[00:06:09]** and I would have liked to come back at

**[00:06:11]** five days to continue this process but

**[00:06:14]** 10 days later nothing is going to be

**[00:06:17]** wrong with that

**[00:06:18]** so let's go ahead and continue

**[00:06:21]** we've got our meat that has been resting

**[00:06:24]** it was just salted

**[00:06:26]** and then lay it aside to let all that

**[00:06:29]** moisture pull out

**[00:06:31]** and you'll notice when you go back for

**[00:06:33]** your meat after it's been setting it's

**[00:06:35]** really rigid right it's not flopping

**[00:06:37]** around anymore that's

**[00:06:38]** pretty firm solid

**[00:06:42]** so you'll be able to notice that if it's

**[00:06:44]** still really really floppy and really

**[00:06:46]** really wet I think this is pretty dry to

**[00:06:48]** the touch those would be signs of

**[00:06:50]** something being maybe a miss you might

**[00:06:52]** want to add a little bit more of your

**[00:06:54]** salt and then let it continue to drain

**[00:06:57]** if you're still seeing fluid in your

**[00:06:59]** container and you're having a

**[00:07:02]** floppy meat so even this large piece is

**[00:07:04]** very rigid now

**[00:07:07]** very solid

**[00:07:09]** [Music]

**[00:07:12]** so for the next step we need to rinse

**[00:07:15]** these off and then Pat them dry

**[00:07:18]** [Music]

**[00:07:27]** and we rinse it off just to get any

**[00:07:31]** excess salt and spices off we didn't use

**[00:07:36]** any spices really this time but just to

**[00:07:39]** make sure we get any big clumps of salt

**[00:07:42]** that might still be clinging to the

**[00:07:45]** surface

**[00:07:46]** as those would add just unpalatable

**[00:07:49]** not very pleasant spots later on

**[00:07:54]** [Music]

**[00:07:58]** and then you just want to use some kind

**[00:08:00]** of non-peely towel a tea towel or like

**[00:08:04]** I'm using a cloth napkin something

**[00:08:05]** that's not going to get fuzzies all over

**[00:08:07]** your meat

**[00:08:08]** but just to Pat up that excess moisture

**[00:08:14]** now all that's left to do is hang this

**[00:08:17]** you can use a little metal hook

**[00:08:21]** something like this is really nice and

**[00:08:22]** convenient or if you don't want to

**[00:08:25]** invest in these yet you can just use

**[00:08:27]** some butcher's twine

**[00:08:30]** so you're going to use the butcher's

**[00:08:31]** twine you'd want to take a knife and

**[00:08:33]** make a little hole in the corner and put

**[00:08:37]** your twine through there

**[00:08:38]** this time I'm going to go ahead and use

**[00:08:40]** my hook

**[00:08:44]** and I'm just going to put it in the

**[00:08:46]** middle here

**[00:08:49]** they also make multi-timed ones for

**[00:08:51]** larger pieces like this but

**[00:08:54]** a little more expensive than I haven't

**[00:08:55]** purchased one yet so that'll do just one

**[00:08:59]** hook like that

**[00:09:00]** I'm gonna go hang this somewhere cool

**[00:09:03]** and dark for five days before I start

**[00:09:07]** slicing it and frying it like bacon or

**[00:09:09]** if you want to eat it raw like a

**[00:09:12]** prosciutto or something you would need

**[00:09:13]** to weigh it right now and then wait for

**[00:09:16]** it to lose 30 percent of its body weight

**[00:09:18]** before you start eating it raw

**[00:09:20]** but this one is going to be like a bacon

**[00:09:22]** I'm gonna go hang it up for five days

**[00:09:23]** and then start slicing frying and

**[00:09:27]** okay we are at the end the best step it

**[00:09:30]** is ready to eat it's been hanging for 10

**[00:09:33]** days now we can slice it and fry it and

**[00:09:36]** enjoy homemade bacon

**[00:09:38]** [Music]

**[00:09:44]** foreign

**[00:09:46]** we've got our thick and thin pieces here

**[00:09:50]** and I'm going to show you some of the

**[00:09:51]** differences that you can see now at this

**[00:09:53]** point in the Cure and then we're going

**[00:09:55]** to cook some up so on our larger thicker

**[00:09:58]** piece of meat here you can see a little

**[00:10:00]** tiny bit of maybe mold it's so tiny

**[00:10:05]** but it could be

**[00:10:07]** putting on a tiny bit of white

**[00:10:09]** penicillin on our thinner piece that we

**[00:10:12]** cured you're going to see a little bit

**[00:10:13]** of salt scabbing this kind of

**[00:10:15]** crystallized shiny patch here is where

**[00:10:18]** the salt accumulated a little strongly

**[00:10:21]** and it's called a scab

**[00:10:23]** you can see a little bit of it right

**[00:10:24]** here as well a little bit of salt

**[00:10:26]** scabbing

**[00:10:27]** and that's not the end of the world that

**[00:10:29]** just means there was more salt than the

**[00:10:31]** meat needed and so it rejected it a

**[00:10:33]** little bit and they're just it forms a

**[00:10:35]** little bit of a scalp so to remedy this

**[00:10:38]** if you do your single ingredient salt

**[00:10:41]** cured meat and it is too salty because

**[00:10:44]** most of us beginners we tend to over

**[00:10:46]** salt rather than under salt because we

**[00:10:48]** are worried about that bacterial growth

**[00:10:50]** so if you got a little too salty and you

**[00:10:52]** have some scabbing no worries what

**[00:10:54]** you'll do is you'll cut your meat into

**[00:10:57]** either one chunk that you're going to

**[00:10:59]** use or into lots of slices however you

**[00:11:00]** plan to use it cut it off your main

**[00:11:02]** piece put it in a dish of water for an

**[00:11:05]** hour before you use it and that'll help

**[00:11:07]** pull some of that extra salt out and it

**[00:11:09]** won't be too salty anymore

**[00:11:11]** but you can also just use it and leave

**[00:11:13]** Salt out of the rest of your dish and

**[00:11:14]** your bacon will act as your salting

**[00:11:16]** agent that's incredible in like a pot of

**[00:11:19]** beans

**[00:11:20]** super yummy all right let's slice a

**[00:11:22]** couple of these and fry them up

**[00:11:28]** right now it's not too bad to slice the

**[00:11:32]** longer you let it dry hang the dryer

**[00:11:35]** it'll get so it'll never go bad but

**[00:11:38]** eventually it will turn Rock Solid and

**[00:11:41]** at that point what is common

**[00:11:43]** traditionally is you would then grate it

**[00:11:46]** like parmesan on top of dishes just for

**[00:11:48]** that extra flavor this is a fun surprise

**[00:11:51]** because I didn't know what was inside of

**[00:11:53]** this whole muscle before I cured it look

**[00:11:55]** how much marbling this is actually a lot

**[00:11:56]** of fat content in this little piece of

**[00:11:59]** rib belly flush so this is going to be a

**[00:12:02]** lot more tender and moist than I

**[00:12:04]** anticipated

**[00:12:05]** so we've got a really fatty bacon from

**[00:12:07]** that skinny piece and we've got a really

**[00:12:10]** meaty lean bacon from our thicker cup

**[00:12:12]** let's fry these up

**[00:12:19]** you can see that that just rendering

**[00:12:22]** down right away

**[00:12:23]** [Music]

**[00:12:29]** the fatty pieces cook up way faster than

**[00:12:32]** the lean pieces

**[00:12:34]** so the ones that were a little bit more

**[00:12:36]** fatty are definitely a little bit more

**[00:12:39]** brittle so

**[00:12:41]** that fat renders down and they just get

**[00:12:43]** incredibly tender and brittle these ones

**[00:12:46]** are going to be a little bit more

**[00:12:48]** toothsome they're very meaty but so

**[00:12:51]** delicious that is a really thick hearty

**[00:12:53]** bacon let's try out the thick cut one

**[00:12:56]** first

**[00:13:00]** mm-hmm

**[00:13:01]** okay that is super yummy it is a little

**[00:13:04]** bit more

**[00:13:05]** tooth some it's almost

**[00:13:08]** like a ham has a lot more fiber to it

**[00:13:12]** then like the packaged bacon we're used

**[00:13:14]** to so it's more like that it's like a

**[00:13:16]** cross between ham and bacon you have

**[00:13:18]** some more muscle fiber that you can

**[00:13:19]** really feel

**[00:13:20]** salty crunchy perfection

**[00:13:25]** the thinner pieces that had more fat

**[00:13:27]** burning throughout are going to be more

**[00:13:28]** what we're used to where they're really

**[00:13:30]** crispy with not a lot of muscle fiber

**[00:13:33]** feel where they just kind of crunch and

**[00:13:36]** melt away

**[00:13:38]** thank you

**[00:13:41]** [Music]

**[00:13:45]** very crispy

**[00:13:48]** you don't feel a lot of that muscle

**[00:13:49]** fiber

**[00:13:51]** very good neither one of these was

**[00:13:53]** actually too salty I was a little bit

**[00:13:54]** concerned about the thinner piece with

**[00:13:56]** the salt scapping being too salty but it

**[00:13:59]** really wasn't so even if you have some

**[00:14:00]** salt scabbing give it a try first fry up

**[00:14:03]** a test piece and then decide if you need

**[00:14:05]** to soak it to get rid of that extra salt

**[00:14:08]** so that's it it's that simple with one

**[00:14:10]** ingredient you can preserve any piece of

**[00:14:13]** whole muscle meat indefinitely

**[00:14:15]** I hope you enjoyed and let me know in

**[00:14:18]** the comments if you want more videos

**[00:14:19]** like this or if you've given it a try

**[00:14:20]** thank you for staying tuned you guys if

**[00:14:22]** you enjoyed this video I think you're

**[00:14:24]** really gonna like this one give it a

**[00:14:26]** look next have a great one

# Full Text (without timestamps)

hey everyone welcome back today I am super excited to share with you how you can preserve meat forever with just one ingredient the only thing that you need to make your meat shelf stable and preserved for all of eternity is some good quality salt this is not a New Concept we can trace back the use of salt as a preservation method all the way back to ancient civilizations like Rome and Egypt now with the Advent of refrigeration and freezers this has kind of fallen out of favor and it's almost becoming a lost art so how does this actually work when we salt meat it draws out the moisture creating an in-hospital environment to bad bacterias such as listeria and creating a hospital environment for bacterias that love salt these bacterias move in and create lactic acid lactic acid then in turn changes the flavor makes it even more delicious and promotes good molds like penicillin and I know mold on your food might sound a little scary but it goes back again for ages and ages very traditional and good for you there's only three things that we need to get started we need our good quality meat a bin of some type to do your curing in some pure salt you want to check that your salt is only one ingredient that's the really really important part here your salt should only be salt if you check the back of the container of salt you might be surprised that there's often two or three more ingredients than Salt a lot of times that's to help it not Clump together to make it more pourable sometimes salts are fortified to have extra minerals in them but we do not want that in our meat so make sure that you Source a pure salt that can be a sea salt Himalayan pink salt cell grease there's lots of different salts um but just make sure it is pure salt I like to get mine from Azure standard they have good prices on bulk salt and so I'll usually just buy like a 25 pound bag and then I'm set for a year or so so I've got a small one here and I put a little bit of pepper on it totally optional not necessary but delicious so now I'm going to show you guys on this larger cut how to do the same thing this is all really thick piece of pork belly and it still has all the fat on so it's going to give us definitely a different product the nice skinny little guy well they're both going to be equally delicious and we use the exact same method to cure both pieces of meat so this is called the salt box method and the theory is whatever sticks to the surface of the meat is enough to cure it there's a lot of recipes now that are very technical and get really overwhelming and discouraging because you have to weigh things out to the gram and they call for curing salts and all these additives and extra things and if you think about it like I said earlier this is a very ancient and time-tested preservation method and I highly doubt that the ancient Egyptians and Romans were sitting there with their digital scales weighing everything to the precise gram so I like the Saltbox method it has been no fail for me so far on muscle whole muscle cures [Music] there we go a nice even little coating of salt all over him and that's all it takes to make this beautiful hunk of pork shelf stable for now until all of eternity [Music] we're gonna set it in this bus tub now I have a bus tub so this is what I'm going to use but if you don't have one don't feel like you need to run out and buy one you can use the vegetable crisper in your fridge and that's going to work just as well you can put it on um like I have it on a little cooling rack here just a cheap little cooling rack to keep it out of the brine because as the salt does it's a work it's going to pull out all the moisture right and that's the whole point in some cures we want it to sit in the Brine and have that osmosis like with a ham when you do something in a brine it sucks that salt water back into itself so it can penetrate deeply through a thicker cut of meat like a ham or a loin in those situations we would want the osmosis but in this one for a flatter thin piece of meat like for a pork belly or maybe a um like a Slimmer cut of beef we really don't want that because it'll get too salty so either set it up on a little tray so that it can drain and not sit in the fluid or be really studious about emptying this container once or twice a day we're gonna let these sit somewhere cool for about five days or until you're not seeing liquid come out anymore so a really big piece of meat you might need to go eight or nine days and if you forget about them in the fridge for eight nine ten days nothing bad is going to happen to them so minimum five days up to a week or two when you get to them and then we'll be back for the next step welcome back everybody um it's actually been 10 days since our last segment and if I seem a little off today I'm pretty sick so that's why it's been so long and in between also so nothing is wrong with going a little over which I mentioned before it's pretty flexible and I would have liked to come back at five days to continue this process but 10 days later nothing is going to be wrong with that so let's go ahead and continue we've got our meat that has been resting it was just salted and then lay it aside to let all that moisture pull out and you'll notice when you go back for your meat after it's been setting it's really rigid right it's not flopping around anymore that's pretty firm solid so you'll be able to notice that if it's still really really floppy and really really wet I think this is pretty dry to the touch those would be signs of something being maybe a miss you might want to add a little bit more of your salt and then let it continue to drain if you're still seeing fluid in your container and you're having a floppy meat so even this large piece is very rigid now very solid [Music] so for the next step we need to rinse these off and then Pat them dry [Music] and we rinse it off just to get any excess salt and spices off we didn't use any spices really this time but just to make sure we get any big clumps of salt that might still be clinging to the surface as those would add just unpalatable not very pleasant spots later on [Music] and then you just want to use some kind of non-peely towel a tea towel or like I'm using a cloth napkin something that's not going to get fuzzies all over your meat but just to Pat up that excess moisture now all that's left to do is hang this you can use a little metal hook something like this is really nice and convenient or if you don't want to invest in these yet you can just use some butcher's twine so you're going to use the butcher's twine you'd want to take a knife and make a little hole in the corner and put your twine through there this time I'm going to go ahead and use my hook and I'm just going to put it in the middle here they also make multi-timed ones for larger pieces like this but a little more expensive than I haven't purchased one yet so that'll do just one hook like that I'm gonna go hang this somewhere cool and dark for five days before I start slicing it and frying it like bacon or if you want to eat it raw like a prosciutto or something you would need to weigh it right now and then wait for it to lose 30 percent of its body weight before you start eating it raw but this one is going to be like a bacon I'm gonna go hang it up for five days and then start slicing frying and okay we are at the end the best step it is ready to eat it's been hanging for 10 days now we can slice it and fry it and enjoy homemade bacon [Music] foreign we've got our thick and thin pieces here and I'm going to show you some of the differences that you can see now at this point in the Cure and then we're going to cook some up so on our larger thicker piece of meat here you can see a little tiny bit of maybe mold it's so tiny but it could be putting on a tiny bit of white penicillin on our thinner piece that we cured you're going to see a little bit of salt scabbing this kind of crystallized shiny patch here is where the salt accumulated a little strongly and it's called a scab you can see a little bit of it right here as well a little bit of salt scabbing and that's not the end of the world that just means there was more salt than the meat needed and so it rejected it a little bit and they're just it forms a little bit of a scalp so to remedy this if you do your single ingredient salt cured meat and it is too salty because most of us beginners we tend to over salt rather than under salt because we are worried about that bacterial growth so if you got a little too salty and you have some scabbing no worries what you'll do is you'll cut your meat into either one chunk that you're going to use or into lots of slices however you plan to use it cut it off your main piece put it in a dish of water for an hour before you use it and that'll help pull some of that extra salt out and it won't be too salty anymore but you can also just use it and leave Salt out of the rest of your dish and your bacon will act as your salting agent that's incredible in like a pot of beans super yummy all right let's slice a couple of these and fry them up right now it's not too bad to slice the longer you let it dry hang the dryer it'll get so it'll never go bad but eventually it will turn Rock Solid and at that point what is common traditionally is you would then grate it like parmesan on top of dishes just for that extra flavor this is a fun surprise because I didn't know what was inside of this whole muscle before I cured it look how much marbling this is actually a lot of fat content in this little piece of rib belly flush so this is going to be a lot more tender and moist than I anticipated so we've got a really fatty bacon from that skinny piece and we've got a really meaty lean bacon from our thicker cup let's fry these up you can see that that just rendering down right away [Music] the fatty pieces cook up way faster than the lean pieces so the ones that were a little bit more fatty are definitely a little bit more brittle so that fat renders down and they just get incredibly tender and brittle these ones are going to be a little bit more toothsome they're very meaty but so delicious that is a really thick hearty bacon let's try out the thick cut one first mm-hmm okay that is super yummy it is a little bit more tooth some it's almost like a ham has a lot more fiber to it then like the packaged bacon we're used to so it's more like that it's like a cross between ham and bacon you have some more muscle fiber that you can really feel salty crunchy perfection the thinner pieces that had more fat burning throughout are going to be more what we're used to where they're really crispy with not a lot of muscle fiber feel where they just kind of crunch and melt away thank you [Music] very crispy you don't feel a lot of that muscle fiber very good neither one of these was actually too salty I was a little bit concerned about the thinner piece with the salt scapping being too salty but it really wasn't so even if you have some salt scabbing give it a try first fry up a test piece and then decide if you need to soak it to get rid of that extra salt so that's it it's that simple with one ingredient you can preserve any piece of whole muscle meat indefinitely I hope you enjoyed and let me know in the comments if you want more videos like this or if you've given it a try thank you for staying tuned you guys if you enjoyed this video I think you're really gonna like this one give it a look next have a great one