

In the days before refrigeration people used salt to preserve meat for long term storage...

To a lesser degree it still exists today but obviously if it wasn't an effective technique it would have died out long ago...

Today, salting is still used to create salt-cured "country ham" found widely in the southern United States, dried beef (which you can buy in jars at most grocery stores), and corned beef and pastrami, which are made by soaking beef in a 10-percent salt water brine for several weeks.

There are as many ways to do this as stars in the night sky. ground rock salt, brine baths, ordinary table salt...

Personally I would recommend using iodized salt.... why... to maintain good nutrition you do need some small quantity of iodine just not a lot so don't over do...

I'll now share with you all a simple method they get infinitely more complex...

First make your cuts, removing excess fat that you later render as lard...

wash the meat thoroughly, a small hand scrub brush comes in handy...

Shake off excess water then pat dry...

If you want to flavor your meat now is the time to run in spices and herbs...

Now for the salt... I use a mixture of course/Kosher and iodized table salt. you want to completely coat the meat rub it into every pore! this kills the bacteria and forms a kind of skin that helps protect your meat, so don't skimp and no short cuts here...

Now you need to hang your meat... for about a month (30 DAYS)... I like to first wrap my meat in cheesecloth... keep the flies away... you want to hang in as cool as place as you can find... 50ish no higher the say 65 and do not let it freeze, or you'll have to start all over again. You do want to check it every few days... no need to unwrap just use your nose... if it smells bad it is, throw it out... normally you'll get a rich earthy scent... once the month is up your golden, store in a cool dry place and use as needed...

When cooking rinse off the salt first... running water or another light scrubbing... your not going to get it all but if you don't it's not going to be palatable.