



Nonna Elda Cooks Capicola sponsored by Beswood

PREPPING TIME: 3 HOURS

MARINATION: 24- 48 HOURS

CURING TIME: 2 MONTHS

Ingredients

- Capicola raw meat pork neck and shoulder (try and get a rounder one)
- coarse sea salt approx. 5 cups
- garlic powder large approx. 3 cups
- brown sugar approx. 3 cups
- black pepper approx. 3 cups
- crushed chili flakes approx. 3 cups
- vinegar & baking soda (for washing)
- sausage casing (we prefer natural)
- butcher's twine
- Netting roll size 16

NOTE: THERE IS NO MEASURING THE SEASONING
JUST KEEP HEAVING IT ON AND MASSAGING IT IN
UNTIL IT'S COVERED.

Tools: Beswood 10" Electric Slicer

- Premium High- Carbon & Chromium- plated Steel Blade with protection against corrosion
- There is no need to sharpen the blade frequently
- Double Illuminated ON/OFF Switch 24V to avoid power shock for best protection
- Slicing meat, cheese, bread, veggies, ham, fruit precisely
- USA standard approved: ETL, NSF
- Nonna Approved



BESWOOD 10" Premium High- Carbon &
Chromium- plated Steel Blade Electric Deli
Meat Cheese Food Slicer Commercial and for
Home Use 240W BESWOOD250R
Regular price \$338.00 USD



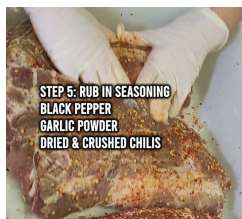
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Directions



- Step 1: Buy good meat from a butcher, pork neck /shoulder
- Step 2: Rub in brown sugar, garlic powder, and lots and lots of salt, take your time, really rub it in.
- Note: this is usually done in winter because it must be kept cool in a cold room/ cantina.



- Step 3: Cover the meat with a clean cloth and put it in your cold room/cantina it must sit for 24-28 hours. Longer if the meat is very thick.
- While it is sitting, periodically go during the 24-28 hours, and turn the meat over, rub the seasoning in, you should turn it at least 3 times during this period.
- Step 4: Wash the meat with water and vinegar, pat it dry.
- Step 5: Time to rub in your seasonings, black pepper, garlic powder, and crushed chili peppers. Nonna uses the chili peppers she grows in the garden, she dries them out, and grinds them in a food processor. The meat should be completely covered in seasoning.

Directions



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- Step 6: Soak your sausage casing, we use intestines, let it soak for a while, then wash it thoroughly. Wash it with vinegar, salt, baking soda, turn it inside out over and over again you want it as clean as possible. You need to turn it inside out at least three times.
- Step 7: Stretch your sausage casing out slowly over a capicola stretcher, you can get these materials at a butcher store. Ease the casing out slowly, and carefully, it's no good if it rips.
- Step 8: Using butcher's twine securely knot the end of your casing before inserting your meat into the stretcher.



Directions



Notes: Before adding your netting roll check for any rips in the sausage casing.

If there are rips you can carefully sew it up using thread.

You do not want any humidity to enter the casing or it will become mouldy.

- Step 12: Cover the stretcher with your netting roll, tie the end, then insert your capicola (which is already covered in sausage casing.) Tie it tightly.
- Step 13: Hang your capicola in your cold room/cantina for 2 months, you need to rotate it upside down once a week so that it dries evenly.. The top always dries faster.



- Step 14: Slice thinly using your BESWOOD electric deli slicer! Nonna recommends using it on the thinnest possible setting for slicing 0.
- Enjoy!

