



**wiltshire cured bacon
spaghetti with courgette, lemon,
basil and dill**

Serves 2
Takes about 10-12 minutes
225g (8oz) Wiltshire cured smoked back bacon rashers, roughly chopped
225g (8oz) Dried spaghetti
15ml (1tbsp) Olive oil
2 Courgettes, grated
½ Lemon, juice and rind
30ml (2tbsp) Fresh basil, roughly chopped
30ml (2tbsp) Fresh dill, roughly chopped
Black pepper

Cook spaghetti in a pan of boiling water as per pack instructions. Meanwhile put olive oil into a pan, add bacon and lightly cook.
Add courgettes and cook for 1-2 minutes. Add lemon juice and rind, and herbs.
Serve straight away scattered with black pepper.



**sweet cured bacon and spring
veg pie**

Serves about 6
Takes about 50 minutes
225g (8oz) Sweet cured back bacon rashers (about 8 rashers)
½ (500g) Packet Shortcrust pastry
4 Baby carrots, peeled and cut in half
6 Asparagus spears
3 Baby leeks, or one large cut into long thin strips
25g (1oz) Green beans
30ml (2tbsp) caramelised onion chutney or similar fruit chutney
Seasoning
½ (500g) Packet Puff pastry
Egg and milk glaze

Preheat oven to Gas 4-5, 180°C, 350°F.
Roll out shortcrust pastry and line loaf tin (900g (2lb)) or deep pie dish.
Layer into the bottom 2 rashers of bacon and some of the vegetables, top with the chutney and seasoning. Continue to layer the rest of the ingredients.
Roll out puff pastry and cover the tin.
Brush with egg and milk glaze.
Bake in oven for about 45 – 50 minutes until pastry is golden. (If the pastry starts to catch cover with foil).
Serve with new potatoes and extra seasonal veg or as part of a 'spring picnic' with extra pickles.



**sweet cured bacon, broad bean
and chorizo risotto**

Serves 2 – 3
Takes about 35 minutes
225g (8oz) Sweet cured back bacon rashers, cut into large pieces
50g (2oz) Chorizo-style sausage (or similar), sliced
5ml (1tsp) Olive oil
1 Onion, chopped
150g (5oz) Risotto (Arborio) rice
600ml (1pt) Pork stock
50g (2oz) Frozen broad beans, defrosted (skins removed – if you have time OR use frozen peas)
Black pepper
30ml (2tbsp) Fresh flat leaf parsley, chopped
Parmesan cheese

Heat olive oil in a saucepan and cook bacon, onion and chorizo-style sausage until beginning to brown. Add risotto (Arborio) rice and stock, bring to the boil. Season and simmer gently for approximately 30 minutes or until the rice is cooked and all the liquid absorbed. (Add a little more stock if you wish to achieve your desired texture/consistency). During the last 10 mins stir through broad beans or peas and heat through.
Scatter with parsley and grated Parmesan cheese and serve.



**spring salad with maple
cured bacon**

Serves 2
Takes about 15 minutes (40 minutes + if cooking beetroot!)
225g (8oz) Maple cured back bacon rashers
4 Small fresh beetroots, scrubbed and quartered (or use precooked variety)
Olive oil
5 Radishes, thinly sliced
30ml (2tbsp) Fresh flat leaf parsley, roughly chopped
50g (2oz) Black pudding, roughly cubed (optional)
Handful rocket leaves
1 Large sprig fresh sage leaves
Seasoning
30ml (2tbsp) Olive oil
60ml (4tbsp) Apple juice

Preheat oven to Gas 4-5, 180°C, 350°F.
Place raw beetroot quarters onto a baking sheet and drizzle with a little oil. Bake in oven for about 40 minutes until soft.
Grill bacon rashers under a hot preheated grill for 1-2 minutes each side or until crispy and golden. Cut rashers in half.
Toss together in a bowl the bacon, cooked beetroot, radishes, parsley, black pudding and rocket.
Mix together in a screw top clean jam jar the bruised sage leaves, seasoning, olive oil and apple juice. Shake together.
Drizzle the dressing over the salad and serve.



**smoked wiltshire cured bacon
brunch bread**

Makes 6 – 8
Takes about 25 minutes (plus about 40 minutes proving time for bread)
8 smoked Wiltshire cured back bacon rashers (about 225g (8oz))
500g Bread mix
4 Eggs (one per bread)
Cherry tomatoes
Preheat oven to Gas 8, 230°C, 450°F.
Take a bread mix and make according to pack instructions.
Lightly knead dough and shape. Divide dough into 6 – 8 and make into small round flat breads. Place on a greased baking tray and allow to rise for 10 minutes in a warm place.
Stretch out the dough rounds to make a little thinner and make a slight 'moat' in the centre and crack the egg into this area
Top with 2 bacon rashers and cherry tomatoes.
Bake in oven for about 20 minutes until well-risen and golden brown.
Alternative variations:
Asparagus spears (2 per bread plus a teaspoon full of pesto and an egg AND/OR use a handful of spinach under the bacon.
Great for breakfast, brunch, tea and supper – packed lunches or picnics!!



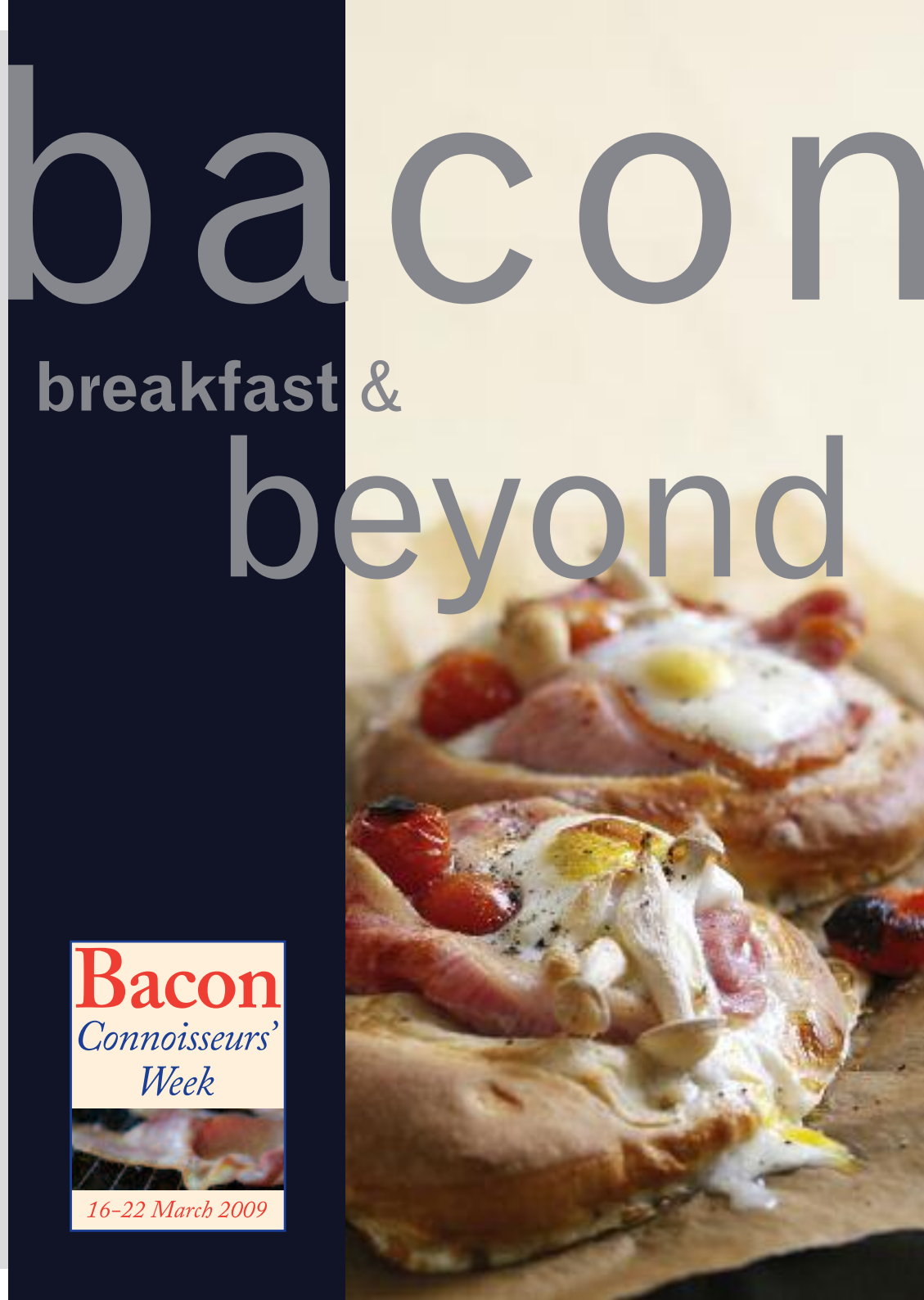
oak smoked bacon cakes

Makes about 18 'small cakes'
Takes about 30 minutes
225g (8oz) Oak smoked back bacon rashers, chopped
450g (1lb) Old potatoes, peeled, cubed
2 Parsnips, peeled, sliced
2 Cloves garlic, crushed
2.5cm (1") Ginger, peeled and grated
2.5ml (½tsp) Chilli powder
4 Spring onions, finely sliced
1 Green chilli, deseeded and finely chopped
½ Lime, juice and rind removed
30ml (2tbsp) Fresh coriander, roughly chopped
Seasoning
30ml (2tbsp) Seasoned flour
5ml (1tsp) Oil

Place in a large saucepan of water the potatoes and parsnips. Bring to the boil and simmer until soft. Drain and mash together. Allow to cool slightly in a large bowl.
Dry fry bacon, garlic and ginger together in a shallow pan until just starting to brown.
Add to the bacon the mash, parsnip, chilli powder, spring onions, green chilli, lime juice and rind, coriander and seasoning.
Thoroughly mix together until all ingredients are combined well.
Shape into around 18 small balls and flatten into patties. Dust with seasoned flour.
Cover and chill for about 15 minutes.
Heat oil in a non-stick frying pan and cook each side until golden brown and heated through.
Serve with a fruit chutney or chilli mayo.

For further information or more great recipe ideas call 01908 609821 or go to www.lovebacon.info
BPEX Ltd, Winterhill House, Snowdon Drive, Milton Keynes MK6 1AX
BPEX Ltd is a subsidiary of the Agriculture and Horticulture Development Board
Email: info@ahdbms.org.uk

Food Stylist - Clare Greenstreet
Food Photographer - Steve Lee
Stylist - Jo Harris
Designed and produced by Wilde Design



Bacon
Connoisseurs'
Week

16-22 March 2009

There's something undeniably nostalgic about the aroma of sizzling bacon in the pan...whether its final destination is the centrepiece of a full English breakfast or indeed the ubiquitous bacon butty.

Not only is quality bacon today as good as it's ever been, but with a plethora of delicious and exciting cures to choose from bacon has reinvented itself as a modern and versatile ingredient for any number of meal occasions.

Like any essential store cupboard ingredient, a good pack of bacon is an essential component of the cook's larder. No other ingredient can provide such an instant flavour hit, or transform a dish so quickly from simple to special, mundane to moreish.

So, whether you're sizzling up a stir-fry, rustling up a risotto or spicing up a salad - the choice is yours.

Just savour it.



smoked wiltshire cured bacon
brunch bread



sweet cured bacon,
broad bean and chorizo risotto



wiltshire cured bacon
spaghetti with courgette, lemon, basil and dill



www.lovebacon.info www.lovebacon.info www.lovebacon.info www.lovebacon.info www.lovebacon.info www.lovebacon.info www.lovebacon.info www.lovebacon.info www.lovebacon.info www.lovebacon.info www.lovebacon.info www.lovebacon.info



oak smoked bacon
cakes



spring salad with
maple cured bacon



sweet cured bacon
and spring veg pie