BPEX, Stoneleigh Park, Kenilworth, Warwickshire CV8 2TL BPEX is a division of the Agriculture and Horticulture Development Board.

For further information and more great recipe ideas visit www.lovepork.co.uk



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Designed and produced by Wilde Design

Upside down bacon hotpot

Serves **About 1 hour 15 minutes** Cooking time Gas 4 180°C 350°F Temp

> Wiltshire cure unsmoked back bacon rashers, each trimmed and cut into

3 pieces

225g

Knobs butter Potatoes, peeled and thinly sliced

Onions, peeled and thinly sliced Parsnips, peeled and thinly sliced

lengthways

Large carrots, peeled and thinly sliced

Eating apple, sliced across through

the core

Seasoning Sprigs fresh sage

Pork stock

Pre-heat oven to Gas Mark 4, 180°C, 350°F.

Grease a large shallow ovenproof gratin type dish with a small knob of butter.

Place the sliced vegetables and apple into a large bowl and season, toss together to mix.

Place vegetables into the shallow dish and spread out. Add sage and push into the layers.

Pour over the hot stock, add the bacon pieces and dot with butter.

Cover with foil and cook in a pre-heated oven for about 50 minutes until vegetables are tender.

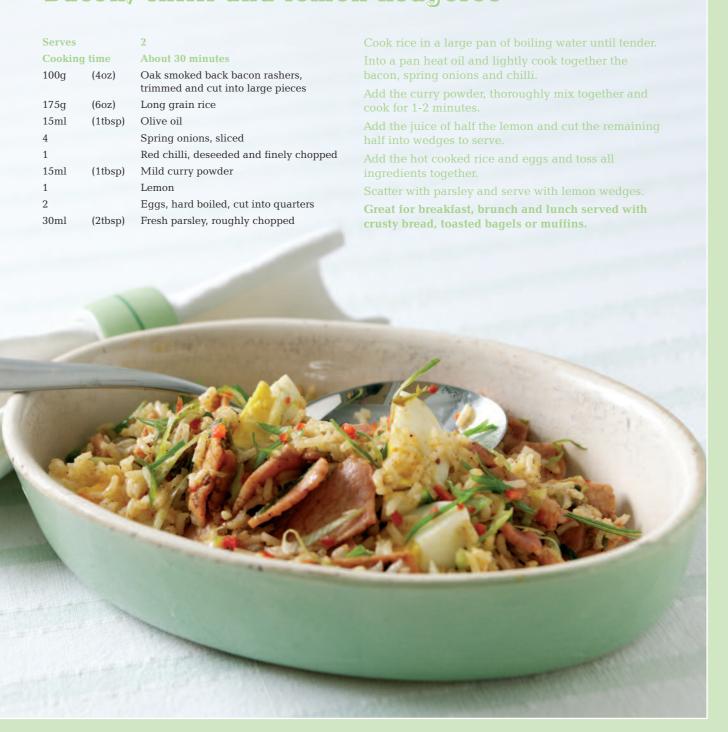
Remove foil and cook for a further 15 minutes to brown and crisp the top.

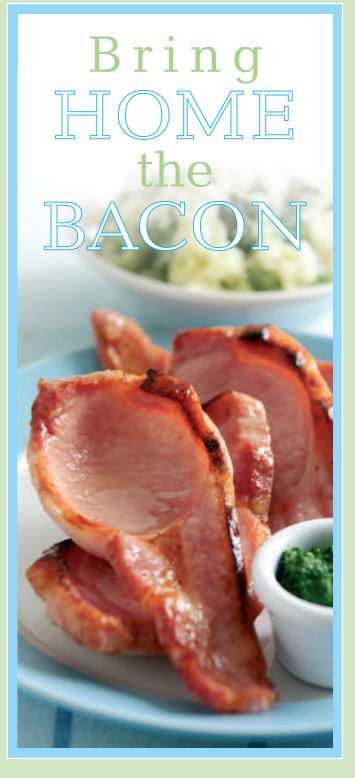
Serve with extra green seasonal steamed vegetables.

If you want to speed-up the cooking time parboil all the vegetables together in a large pan before placing in the dish.



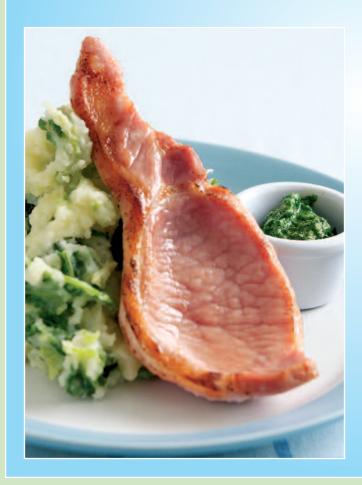
Bacon, chilli and lemon kedgeree About 30 minutes Oak smoked back bacon rashers, trimmed and cut into large pieces





Bring Home the Bacon encourages you to take another look at bacon - because not all bacon is the same. As probably the original and the best comfort food, bacon is a staple purchase for many households. It's something we buy almost without thinking - often simply to restock the fridge.

In Britain today there is a wide variety of unique and delicious bacon cures which we've put to good use here. In creating this collection of tempting dishes to inspire you to get cooking with bacon we've taken our lead from some favourite British classics (like Hotpot and Muffins) and given them a bacon twist. Hopefully you'll agree with us that bacon can be used for so much more than just a bacon sandwich - delicious though that may be.



Bacon chops with colcannon mash, and parsley and basil pesto

Serves

Cooking time **About 30 minutes**

Quality bacon chops

Potatoes, peeled and cut into small

Savoy cabbage, roughly chopped

Butter Milk

Seasoning

(2tbsp) Olive oil Pine nuts

> Handful fresh parsley Handful fresh basil

Cook potatoes in a large pan of boiling water until almost tender. Add cabbage to the pan and cook for about 5 minutes until just tender. Drain and mash with butter, milk and seasoning.

Place bacon chops under a pre-heated grill and cook for about 5 minutes each side until fat is crispy and bacon cooked through.

Make Pesto: Place olive oil, pine nuts and herbs into a jug, whizz with a hand held blender or place in a food processor until smooth and spoonable.

Serve the bacon chops with a pile of mash and spoonful of pesto.

Serve with extra steamed seasonal vegetables if you wish.

Eggy bacon toasts

Cooking time

225g

Dry cured smoked streaky bacon rashers

About 10 minutes

Eggs

Splash milk Seasoning

Pinch cayenne pepper

Baquette, thickly sliced

into 8 pieces

(½oz) Butter

Place eggs, milk, seasoning and cayenne into a large shallow dish. Mix together with a fork.

Add slices of baquette and leave to absorb the egg mixture - turn over after a couple of minutes.

Place streaky rashers under a hot grill and cook for a few minutes each side until crispy and golden.

Heat butter in a large frying pan and add baguette slices. Cook for 2-3 minutes each side until golden brown.

Serve egg toasts piled high with streaky bacon rashers - great with your favourite ketchup or drizzled with honey or maple syrup!

A great recipe for using 'day old' baguettes when they have lost their crunch!



Bacon, onion and basil muffins

Makes **About 18 muffins** 20-25 minutes Cooking time Gas 4 180°C 350°F Temp Dry cured unsmoked back bacon rashers, trimmed and cut into large pieces

Plain flour Baking powder

> Pinch salt Eggs, medium

Semi skimmed milk

Small onion, sliced thinly

Small handful fresh basil, roughly

chopped/torn

Muffin paper cases or greaseproof

squares (12 x 12cm)

Pre-heat oven to Gas Mark 4, 180°C, 350°F.

Into a large bowl place flour, baking powder and salt. Break eggs into a jug and lightly mix with a fork. Add

the milk and mix together. Place the butter into a hot frying pan and add the

bacon pieces and onion slices. Cook until onion is translucent and bacon cooked through.

Add the cooked bacon and onion to the flour and mix. Add the basil followed by the egg and milk mixture.

Fold the mixture together using a large spoon until all ingredients are thoroughly combined.

Place muffin cases or scrunch greaseproof squares into muffin tins. Fill each muffin case almost to the top with mixture (should make about 18 muffins).

Cook in a pre-heated oven for about 20-25 minutes until well risen and golden.

Serve hot as a lunch, breakfast or snack, or cold for packed lunches or a picnic.

