

Join the

**GREAT
BACON**

REVOLUTION



GREAT BACON STARTS WITH GREAT PORK

Join the **GREAT BACON** REVOLUTION

Bacon is one of Britain's best-loved foods, nothing beats its sizzling appeal.



Fay Ripley

Photo: Maria Slough

I'm backing The Great Bacon Revolution because I think it's high time we all 'revolutionised' our attitude towards bacon – and explored the different cuts and speciality cures that are now readily available. Let's also look beyond breakfast for our bacon fix. In this booklet I've taken a fresh look at bacon. I hope you like the result. As well as some new takes on classic dishes, there are one or two surprises – who'd have thought of a bacon curry, for instance? Go on, give it a go – it's seriously good!

Three things are top of my wish list when I'm buying bacon, in fact meat in general. Firstly and it almost goes without saying, it must taste great. Secondly, I want assurance that it's from pigs that have been properly looked after and thirdly, I want to know where my meat comes from and that there's traceability from farm to fork. For me, looking for the Red Tractor mark is the easiest way to get that reassurance – it's pretty much a one stop shop.

So join me for the Great Bacon Revolution – Viva La Bacon!



GIVE A FORK ABOUT YOUR PORK

THE RED TRACTOR[®] SCHEME STANDS FOR

ASSURANCE

Rigorous standards are observed throughout the supply chain

TRACEABILITY

All Red Tractor pork can be traced back to Red Tractor farms

PEACE OF MIND

Red Tractor pig farms are inspected at least four times a year

COUNTRY OF ORIGIN

The flag in the Red Tractor pork logo guarantees its country of origin

*Red Tractor is one of a number of assurance schemes available to inform consumer choice.

THE GREAT BACON MANIFESTO

3 ways to revolutionise your relationship with bacon

1. Look for Red Tractor Bacon

Support Red Tractor farmers by looking for the Red Tractor mark because it identifies the quality and provenance of your bacon.

2. Think again about bacon

Not all bacon is the same! There are over 100 different varieties of bacon cures in Britain so extend your bacon repertoire and become a true bacon connoisseur.

3. Enjoy bacon beyond breakfast

Bacon is one of the UK's favourite foods so revolutionise other meals with this versatile ingredient.

Visit **LOVEPORK.CO.UK** for recipe inspiration

Bacon, Gruyere and Mushroom Melt

Serves: Makes 2 open sandwiches

Cooking time: About 10 minutes



INGREDIENTS:

4 Smoked Maple cured back bacon rashers

4 Slices thickly cut crusty white bread

5ml (1tsp) Olive oil

Knob of butter

1 Large mushroom, thickly sliced

2 Cloves garlic, crushed

100g (4oz) Gruyere or Emmental type cheese, grated

METHOD:

Preheat the grill.

Place the rashers under the grill and cook for 3-4 minutes until lightly cooked.

Heat the oil and butter in a small pan, add the mushroom slices and garlic and cook lightly for 2-3 minutes. Set to one side.

Toast the bread slices on one side.

Construct the sandwich:

Top the non-toasted side of bread firstly with mushrooms, then 2 bacon rashers and scatter with cheese. For the lid of the sandwich, scatter the non-toasted side with cheese. Repeat for a second sandwich.

Place all 4 slices under the hot grill and cook until the cheese is melted and golden. Serve the 'loaded' slices topped with the cheesy lids.

Serve with a heap of mixed green salad leaves.

Maple Cure Bacon

“Smokey and woody with a sweet aroma, this is an indulgent, mouth-watering treat.”

An impressive gourmet open sandwich



INGREDIENTS:

200g (7oz) Dry cured oak smoked thick cut back bacon rashers – about 6 rashers

5ml (1tsp) Olive oil

1 Red onion, finely chopped

1 Clove garlic, crushed

15-30ml (1-2tbsp) Smoked paprika

400g (approx) Can chopped tomatoes

30ml (2tbsp) Tomato ketchup

1 Red pepper, deseeded and cut into small pieces

4 Eggs

METHOD:

Preheat the oven to Gas Mark 6, 200°C, 400°F.

Leave 4 rashers of bacon whole and chop the remaining 2 into large pieces.

In a large pan heat the oil and add the chopped bacon, onion and garlic. Cook for 2-3 minutes until onion begins to soften. Add the remaining ingredients and bring to the boil and simmer for 5-10 minutes.

Pour into four individual shallow gratin dishes or one large dish. Take the whole rashers of bacon and curl into a rough circle and place on top of the mixture. Make a slight indent in the mixture, crack the eggs and place in the centre of each individual dish or evenly on the top of one large dish. Place in the oven and bake for about 20 minutes until the eggs have set.

Serve with chunks of crusty bread for dipping.

Oak Smoked Bacon

“ Collar or middle bacon rashers could also be used in this recipe as they too have a deep, meaty flavour. ”

Smokey Bacon and Egg Bake

Serves: 4 Cooking time: About 20-25 minutes

Oven temperature: Gas Mark 6, 200°C, 400°F



*A really quick and oh-so-tasty
brunch or supper dish*

Ploughman's Mini Bacon Loaves

Serves: Makes about 12-14 loaves Cooking time: 20-25 minutes
Oven temperature: Gas Mark 4, 180°C, 350°F



INGREDIENTS:

240g Premium Wiltshire cure unsmoked back bacon rashers, trimmed and cut into large pieces

450g (1lb) Plain flour

30ml (2tbsp) Baking powder

Pinch salt

4 Eggs, medium

450ml (¾pt) Semi-skimmed milk

25g (1oz) Butter

5-6 Pickled onions, sliced

50g (2oz) Cheddar type cheese, cut into small cubes

1 Tomato, roughly chopped

Wiltshire Bacon

“A light cure bacon that allows its positive meaty flavours to shine through.”

METHOD:

Preheat the oven to Gas Mark 4, 180°C, 350°F.

Into a large bowl place the flour, baking powder and salt.

Break the 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, cook for 2-3 minutes until bacon is cooked through. Allow to cool slightly.

Add the cooked bacon to the flour and mix, then add the onions, cheese and tomato.

Fold together the bacon and flour mixture with the egg and milk mix using a large spoon, until all ingredients are thoroughly combined – but don't over mix!

Fill each lined mini loaf tin or large muffin case almost to the top with about 3 large spoonfuls of the mixture.

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

Serve hot or cold, sliced with or without butter, extra pickled onions and cheese!

*Delicious Ploughman flavours combined
into one mouth-watering snack*



INGREDIENTS:

240g Dry cured oak smoked bacon rashers ,
trimmed and cut into large pieces

15ml (1tbsp) Olive oil

2 Large mushrooms, sliced

1 Clove of garlic, crushed

400g (approx) Can chopped tomatoes

15ml (1tbsp) Tomato ketchup

15ml (1tbsp) Fresh flat leaf parsley,
roughly chopped

Black pepper

8 Fresh lasagne sheets, cut in half – or if
dried, lightly soaked in boiling water

Parmesan cheese, grated

Fresh basil leaves

METHOD:

In a large non-stick saucepan heat the oil and fry the bacon, mushrooms and garlic for about 4 minutes. Add the chopped tomatoes and sauce and simmer for about 15 minutes.

Plunge the lasagne sheets into boiling water for about 2-3 minutes (follow pack instructions). Remove from the water, rinse well and allow to drain.

Assemble and Serve:

Cut each lasagne sheet in half. Onto each plate start with a square of lasagne, top with a spoonful of sauce and repeat - making up to 3-4 layers of lasagne.

Finish with the top being a piece of lasagne, sprinkle generously with grated parmesan and scatter with fresh basil leaves.

Serve with mixed leaf salad.

Oak Smoked Bacon

“ A good all-round,
succulent bacon
with positive meaty
flavours and a touch
of oak smoke on the
finish. ”

No-Bake Bacon Lasagne

Serves: 3-4

Cooking time: Approximately 20-25 minutes



*A revolutionary take on
an easy mid-week meal*



Bombay Bacon Curry

Serves: 4

Cooking time: About 30 minutes



INGREDIENTS:

200g (7oz) Sweet cured unsmoked back bacon rashers, trimmed and cut into large pieces

15ml (1tbsp) Oil

1 Onion, sliced

2 Cloves garlic, crushed

30ml (2tbsp) Medium curry powder

30ml (2tbsp) Ground cumin

1 Courgette, thickly sliced

¼ (about 200g) Cauliflower, cut into small florets

2 Potatoes, skin on and cut into small cubes

100ml (3fl oz) Water

2 x (approx) 400g can chopped tomatoes

30ml (2tbsp) Fresh coriander, roughly chopped

2 Large handfuls baby spinach

Sweet Cure Bacon

“The addition of sugar results in a mouth-watering, moreish flavour with smoky, syrupy notes.”

METHOD:

Place the oil in a large pan and heat. Add the bacon, onion and garlic and cook for 1-2 minutes. Add the curry powder and cumin, combine well together. Then add the courgette, cauliflower, potatoes and water. Stir well together.

Next add the tomatoes and bring to the boil. Cover with a lid and simmer for about 15-20 minutes until the potatoes are soft.

Just before serving stir through the coriander and spinach and serve with warmed chapattis and a side order of chopped fresh tomato, red onion and coriander mixed together and drizzled with a little flavoured oil.

*Another British favourite
with a great bacon twist*



INGREDIENTS:

2 Dry cured smoked bacon or gammon steaks, cut into cubes (about 200g (7oz) each in weight)

15ml (1tbsp) Oil

2 Leeks, washed, halved and sliced

200g (7oz) Low fat/light cream cheese

Black pepper – to taste

325g Can sweetcorn, drained or if frozen about 260g

500g Packet pre-made puff pastry

Milk and egg, whisked, for glaze

METHOD:

Preheat the oven to Gas Mark 6, 200°C, 400°F.

Heat the oil in a large pan. Add the bacon or gammon and leeks and cook until the bacon has changed colour and the leeks are beginning to soften.

Add the cream cheese and combine together well. Heat through and allow to thicken slightly for about 2-3 minutes. Add the black pepper and sweetcorn and then place in a large 1 litre/2 pint pie dish.

Roll out the pastry to a size that will roughly cover the dish – decorate the edge with a pattern (a good effect is to use the edge of a small round glass) and, if you wish, cut out shapes to decorate the top of the pie. Brush the pastry with the milk and egg glaze.

Place in the preheated oven for about 25-30 minutes until the pastry is golden brown and well risen.

Serve with a selection of seasonal green vegetables.

Dry Cure Bacon

“ A refined, deep and meaty flavour balanced with a long finish. ”

Bacon, Leek and Sweetcorn Puff Pie

Serves: 4 Cooking time About: 30 minutes
Oven temperature: Gas Mark 6, 200°C, 400°F



A truly scrumptious family pie



GREAT BACON starts with **GREAT PORK**

For more information about Red Tractor pork visit
www.lovepork.co.uk/why-red-tractor-pork

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