



RED
WHITE
AND
BACON



BACON...IT'S A BRITISH TRADITION



Angela Rippon

Delicious on its own or used to add extra flavour to a meal, bacon is one of Britain's best loved ingredients and beats at the very heart of what we hold dear. Whether we have it for breakfast, lunch or dinner the wide array of cures and cuts from Sweet Cure to Dry Cure (and everything in between) means the once humble rasher can turn any meal into an occasion to savour.

Remember though, to make great quality bacon it all begins with quality pork and for the Red Tractor farmers and bacon producers featured throughout this booklet, that's a top priority.

Taste, quality and provenance are really important to me when buying bacon, in fact, meat in general. That's why I always look for the Red Tractor logo on-pack – so I can have confidence in what I'm buying.

So let's celebrate a true national treasure and raise the flag for Red, White and Bacon!



WHAT THE RED TRACTOR* SCHEME STANDS FOR

The Red Tractor Bacon logo guarantees high standards at every step, from the farm to the supermarket shelf.

ASSURANCE

Rigorous standards are observed throughout the supply chain

WELFARE

At all stages the quality of pig husbandry and animal welfare is high

TRACEABILITY

All Red Tractor bacon 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 Bacon logo guarantees its country of origin

For more information about Red Tractor bacon visit

www.lovepork.co.uk/why-red-tractor-pork

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



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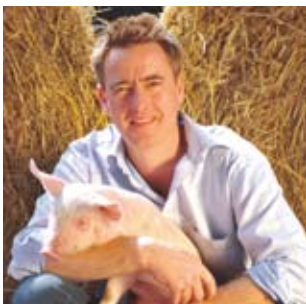
SMOKY BACON AND
WATERCRESS SOUP

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SERVES
ABOUT 8 PORTIONS
COOKING TIME
1½ HOURS
OVEN TEMPERATURE
GAS MARK 3, 160°C, 325°F



STOCKMAN'S BACON TERRINE



**"EASIER TO MAKE
THAN IT LOOKS!
THIS RECIPE IS A
GREAT SHOWCASE
FOR THE DIFFERENT
CUTS AND CURES
AND IT TASTES
GREAT TOO."**

Fergus Howie
Red Tractor farmer, Essex

9-12 DRY CURED, OAK SMOKED,
STREAKY BACON RASHERS
225g (8oz) LEAN PORK MINCE
225g (8oz) PIGS LIVER, TRIMMED
75g (3oz) LEAN, DRY CURED, BACON
LARDONS OR SMALL PIECES TAKEN FROM
A BACON JOINT OR BACON CHOP
1 THICK SLICE OF WHITE BREAD
(WEIGHT ABOUT 50g, 2oz)
1 SMALL ONION, ROUGHLY CHOPPED
2 CLOVES GARLIC, SQUASHED
4 FRESH SAGE LEAVES
1 SPRIG FRESH THYME, LEAVES REMOVED
4 X 5mlsp (4tbsp) CIDER OR APPLE JUICE
EXTRA SAGE LEAVES AND THYME SPRIGS
TO LINE TIN

For something with such a sumptuous flavour this terrine is surprisingly easy to make. A simple meal with crusty bread and pickles or the centrepiece of a celebration buffet table. A veritable porky feast!

Preheat the oven to Gas Mark 3, 160°C, 325°F.

Place the bread, onion, garlic and herbs into a food processor. Whizz together until the bread is a fine crumb. Add the pork mince and liver and whizz until the mixture is smooth-ish and of spooning consistency. Stir in the lardons and cider or apple juice.

Line the bottom of a 1 litre/2pt terrine/loaf tin 10x26x7cm (approx 4x10x3") with 3-4 streaky bacon rashers lengthways. Add some sage leaves and thyme. Fill with half the raw meat mixture and cover with 3-4 bacon rashers and herbs. Add the remaining mixture and top with 3-4 more rashers.

Place in a roasting tin. Half fill the tin with boiling water; cover with greased foil and bake in the oven for 1½ hours until the mixture is set and cooked through.

Allow to cool and then cover and place in the fridge.

Serve in slices or wedges with crunchy toast or bread, pickles and a spring slaw of carrots, cabbage, spinach and shallots.






**BACON
WRAPPED
ASPARAGUS
WITH
'GOOEY'
DIPPING
CHEESE**

SERVES

MAKES AROUND 14 'DIPPING SPEARS'

COOKING TIME

ABOUT 15 MINUTES

OVEN TEMPERATURE

GAS MARK 4, 180°C, 350°F

16 DRY CURED, OAK SMOKED, STREAKY BACON RASHERS (ABOUT 240g)

450g (1lb) ASPARAGUS SPEARS (ABOUT 14)

1-2 MINI CAMEMBERT OR SIMILAR SOFT CHEESE
FRUIT CHUTNEY FOR DIPPING

Mellow smoky bacon encasing crisp young asparagus spears, dipped into oozing ripe cheese. This has to be the simplest, yet most luxurious dish ever conceived – perfect for a weekend lunch with some crusty bread, a sociable first course for dinner with friends or a delicious treat just for two.

Preheat the grill and oven.

Take each asparagus spear and wrap in one rasher of bacon, making sure to wrap the 'head' of the asparagus (to protect it from overcooking). Place on the baking tray and cook under a hot grill for about 10 minutes until crispy and golden. Turn halfway through.

Meanwhile, wrap a little foil around the cheese, place on a baking tray and cook for about 10 minutes until it is soft to the touch and melted within the crust.

Serve dipped into the melted cheese and chutney as a starter, canapé or accompaniment to burgers or steaks.



**"OK, I'M BIASED
AS WE PRODUCE
BOTH ON OUR
FARM, BUT BACON
AND ASPARAGUS
MAKE A GREAT
COMBINATION.
BE SURE TO TRY
THEM OUT WHEN
THE ASPARAGUS
SEASON KICKS
OFF HERE IN MAY!"**

James Sardeson
Red Tractor farmer,
South Lincolnshire

SERVES
6 LARGE MUFFIN SIZED PIES
OR 1 LARGE FAMILY PIE
COOKING TIME
ABOUT 40-50 MINUTES
OVEN TEMPERATURE
GAS MARK 4, 180°C, 350°F



FARMHOUSE BACON AND LEEK PIES



"IT'S GREAT TO COME HOME TO A REALLY HEARTY PIE. I LOVE TO HAVE THIS WITH EXTRA MUSTARD FOR ADDED KICK AS IT REALLY BRINGS OUT THE MEATY FLAVOURS OF THE WILTSHIRE CURED BACON."

Nick Hannam

Red Tractor bacon producer,
Somerset

250g (9oz) THICK CUT, WILTSHIRE CURED,
BACK BACON RASHERS CUT IN HALF
1 X 15mlsp (1tbsp) OIL
1 SHALLOT, SLICED
3 LEEKS, WASHED, HALVED AND SLICED
200ml (7fl oz) HALF-FAT CRÈME FRAÎCHE
2 EGGS
BLACK PEPPER
2 X 15mlsp (2tbsp) FRESH PARSLEY,
ROUGHLY CHOPPED
2 X 15mlsp (2tbsp) WHOLEGRAIN MUSTARD
1-2 X 500g PACKETS PREMADE
SHORTCRUST PASTRY
MILK AND EGG FOR GLAZE

Nobody will guess you cheated a bit with the pastry once they bite into these babies! Meaty Wiltshire cured bacon in a creamy mustard and leek sauce – what's not to love?

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

Heat the oil in a large pan. Add the bacon, shallot and leeks and cook until beginning to soften. Allow to cool slightly.

Mix together the crème fraîche, eggs, pepper, parsley and mustard. Add this to the bacon mixture.

Take a cake tray for making 6 large muffins, each 'muffin' being about 9cm (3½") in diameter and about 5cm (2") deep or make one family pie in a large pie dish.

Roll out the pastry and line the trays or dish and leave a pastry 'over-hang'. Fill with the bacon mixture. Roll out the remaining pastry and cut out the lids. 'Roughly' pinch the pastry around the lid to make a 'rustic' finish.

Brush the tops with the milk and egg glaze.

Place in the preheated oven for 40-50 minutes until the pastry is golden brown.

Carefully remove the individual pies from the tins – leave the family pie in its dish.

Serve with a heap of steamed seasonal vegetables
OR the pies taste good cold and served with salad or coleslaw.





SERVES
4

COOKING TIME
ABOUT 20 MINUTES



SWEET CURE BACON HASH

200g (7oz) SWEET CURED, STREAKY
BACON RASHERS

2 LARGE POTATOES, SKIN LEFT ON AND
CUT INTO SMALL CHUNKS

2 CARROTS, PEELED AND SLICED

100g (4oz) SPRING CABBAGE, CHOPPED
INTO LARGE PIECES

50g (2oz) PURPLE SPROUTING BROCCOLI,
WELL TRIMMED

1 SHALLOT, SLICED

12g (½oz) BUTTER

BLACK PEPPER

Leftovers will never seem the same once you've tried this. The warm, sweet flavours of the bacon combined with the fresh sharpness of the spring greens really get the taste buds going. Keep it simple and serve it straight or whizz up the nutty pesto to add an extra dimension to the dish.

Place the potatoes and carrots in a large pan of boiling water. Cook for 10 minutes, add the 'greens' and continue to cook for a further 5 minutes.*

Place the bacon rashers and shallot in a large frying pan and cook until the bacon becomes crispy.

Meanwhile, drain the vegetables and either mix together or mash to combine well.

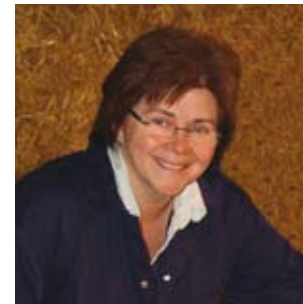
Preheat the grill.

Add the potato mixture to the pan and roughly spread out. Dot with the butter and season. Place under a hot grill and cook until browned.

Either serve from the pan or turn out onto a plate and cut into wedges.

Serve with your favourite ketchup or chutney or make a nutty herb pesto by whizzing together some hazelnuts, olive oil, seasoning, basil, mint and parsley.

*This is also a great recipe for using up any leftover cooked vegetables. Just heat through the cooked vegetables for a few minutes in the microwave, roughly chop/mash together and use in the recipe after stage 1.



"YOU CAN'T BEAT
THIS SWEET CURE
BACON HASH,
ESPECIALLY DURING
THE WINTER.
GREAT FOR USING
UP LEFTOVERS
AND REDUCING
WASTE, SOMETHING
WHICH THESE
DAYS SHOULD BE
DEAR TO ALL OUR
HEARTS!"

Meryl Ward
Red Tractor farmer, Lincolnshire

SMOKY BACON AND WATERCRESS SOUP



"I TAKE THIS SOUP WITH ME IN A FLASK WHEN I'M OUT AND ABOUT ON THE FARM AND DON'T HAVE TIME TO HAVE A PROPER SIT-DOWN LUNCH. IT'S DELICIOUS."

Tom Allen
Red Tractor farmer, Oxfordshire

SERVES

4-6

COOKING TIME

ABOUT 30 MINUTES

100g (4oz) OAK SMOKED, STREAKY, BACK BACON RASHERS, ROUGHLY CHOPPED

1 ONION, ROUGHLY CHOPPED

1 CLOVE GARLIC, SQUASHED

1 LARGE POTATO (ABOUT 225g, 8oz), ROUGHLY CHOPPED INTO SMALL CUBES WITH SKIN ON

900ml (1½pts) VEGETABLE STOCK

2 X 85g BAGS WATERCRESS, WASHED AND ROUGHLY CHOPPED

BLACK PEPPER

300ml (½pt) SEMI-SKIMMED MILK

8 DRY CURED PANCETTA RASHERS OR STREAKY BACON RASHERS, FOR SERVING

Even those with an avid aversion to all things 'green' will love this soup. The gentle oak smoked flavour from the bacon complements without overpowering the watercress. If you're feeling especially indulgent why not crisp up some streaky or pancetta rashers for dipping too?

Place the bacon, onion and garlic in a large pan. Using the melted bacon fat, lightly cook. Add the potato, stock, watercress and black pepper. Simmer for 10-15 minutes until the potato is tender.

Place the soup in a food processor or use a hand blender and whizz until smooth. Replace in the pan, add the milk and heat through.

Preheat the grill. Place the pancetta rashers on the grill grid and cook until crispy and golden.

Serve the soup with extra 'dunking' rashers.



SERVES
4 AS MAIN,
8 AS STARTER/BRUNCH
COOKING TIME
ABOUT 30 MINUTES
OVEN TEMPERATURE
GAS MARK 4, 180°C, 350°F

250g (9oz) SMOKED WILTSHIRE CURED, BACK
BACON RASHERS CUT INTO THREE
100g (4oz) FRESH WHITE BREADCRUMBS
1 RED CHILLI, DESEEDED AND FINELY CHOPPED
2 X 15mlsp (2tbsp) SUNDRIED TOMATO PASTE
8 LARGE, FLAT MUSHROOMS, STALKS REMOVED
75g (3oz) MATURE CHEDDAR TYPE CHEESE
BLACK PEPPER
OLIVE OIL FOR DRIZZLING



CRUNCHY TOPPED BAKED MUSHROOMS

Baking these 'man-sized' mushrooms really deepens the flavour, which is set off brilliantly by the light smokiness of a traditional smoked Wiltshire cure bacon. Add to that the sweetness of sundried tomatoes with a little kick of red chilli and you've got a dish that's just bursting with flavour.

Preheat the oven to Gas Mark 4, 180°C, 350°F.
Mix the bacon, breadcrumbs, chilli and sundried tomato paste together.

Place the mushrooms in a single layer in a large roasting pan. Fill each mushroom with the stuffing, sprinkle with the cheese, black pepper and drizzle with a little oil.

Loosely cover with foil and bake for 20 minutes. Remove the foil and 'brown off' for a further 10 minutes.

Serve for breakfast, lunch, brunch or supper – with crusty bread or crunchy seasonal salad.



SERVES
2
COOKING TIME
ABOUT 30 MINUTES
OVEN TEMPERATURE
GAS MARK 4, 180°C, 350°F

6 MAPLE CURED, BACK BACON RASHERS
2 SWEET POTATOES, SCRUBBED AND CUT
INTO SMALL CUBES
2 CHICORY BULBS, LEAVES REMOVED
HANDFUL ROCKET LEAVES
BLACK PEPPER
3 PASSION FRUIT, CUT IN HALF AND PULP
SIEVED BUT RETAINED
1 SATSUMA, RIND AND JUICE REMOVED
1 X 15mlsp (1tbsp) EXTRA VIRGIN OLIVE OIL



MAPLE AND CHICORY BACON SALAD WITH PASSION FRUIT AND ORANGE DRESSING

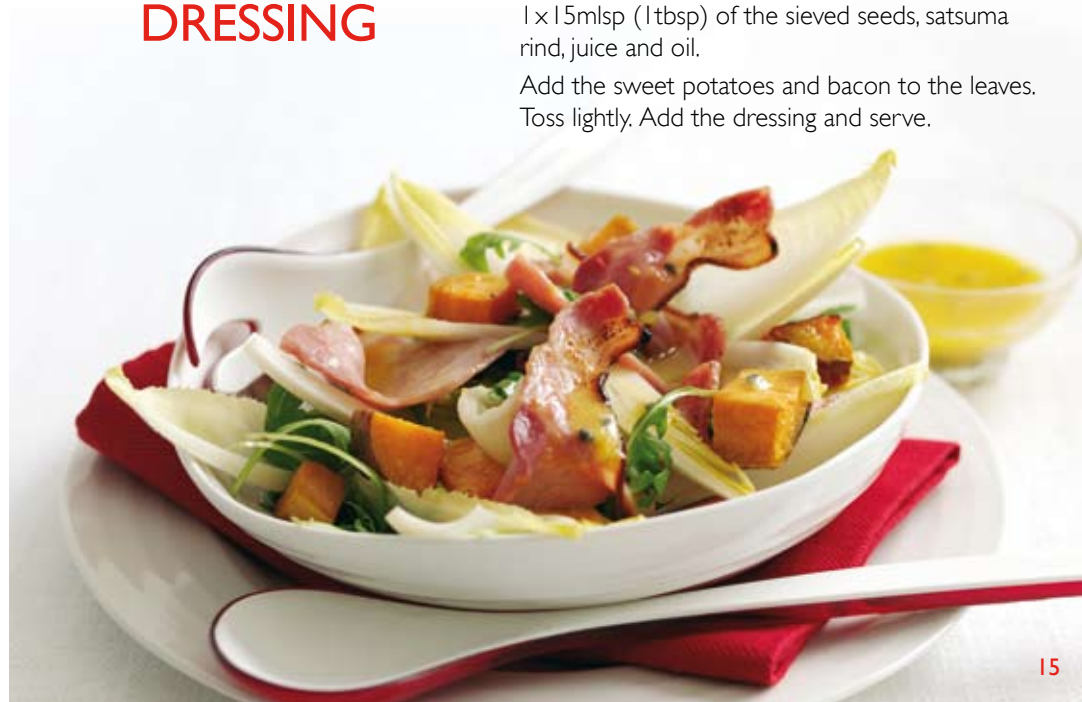
Fancy a salad but don't want to feel hungry an hour later? This salad is definitely the one for you then. There's bags of flavour going on with the sweet and syrupy Maple cured bacon, roasted potato chunks and zingy dressing – and the sharpness of the chicory which also provides that all important crunch.

Preheat the oven to Gas Mark 4, 180°C, 350°F.
Place the sweet potato on a baking tray in a single layer, drizzle with oil and season. Bake for about 30 minutes until soft. Cool slightly.

Preheat the grill and cook the bacon rashers until crispy. Cool slightly and cut each rasher in half. Place the chicory and rocket into a bowl.

Whisk/mix together the passion fruit juice plus 1 x 15mlsp (1tbsp) of the sieved seeds, satsuma rind, juice and oil.

Add the sweet potatoes and bacon to the leaves. Toss lightly. Add the dressing and serve.





REMEMBER – GREAT BACON STARTS WITH GREAT PORK.
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Designed and produced by Wilde Design