

bacon

breakfast &

beyond



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 a jar of good olives, 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.





If, like so many cooks today, you care about the provenance of the food you eat, look no further than the Bacon Quality Standard Mark (QSM)

The farmers and processors who sign up to the QSM (and the 100+ checks and measures it involves!) do so voluntarily, because they are just as committed to high quality standards and good animal welfare as you are.



smoked wiltshire cured bacon brunch bread



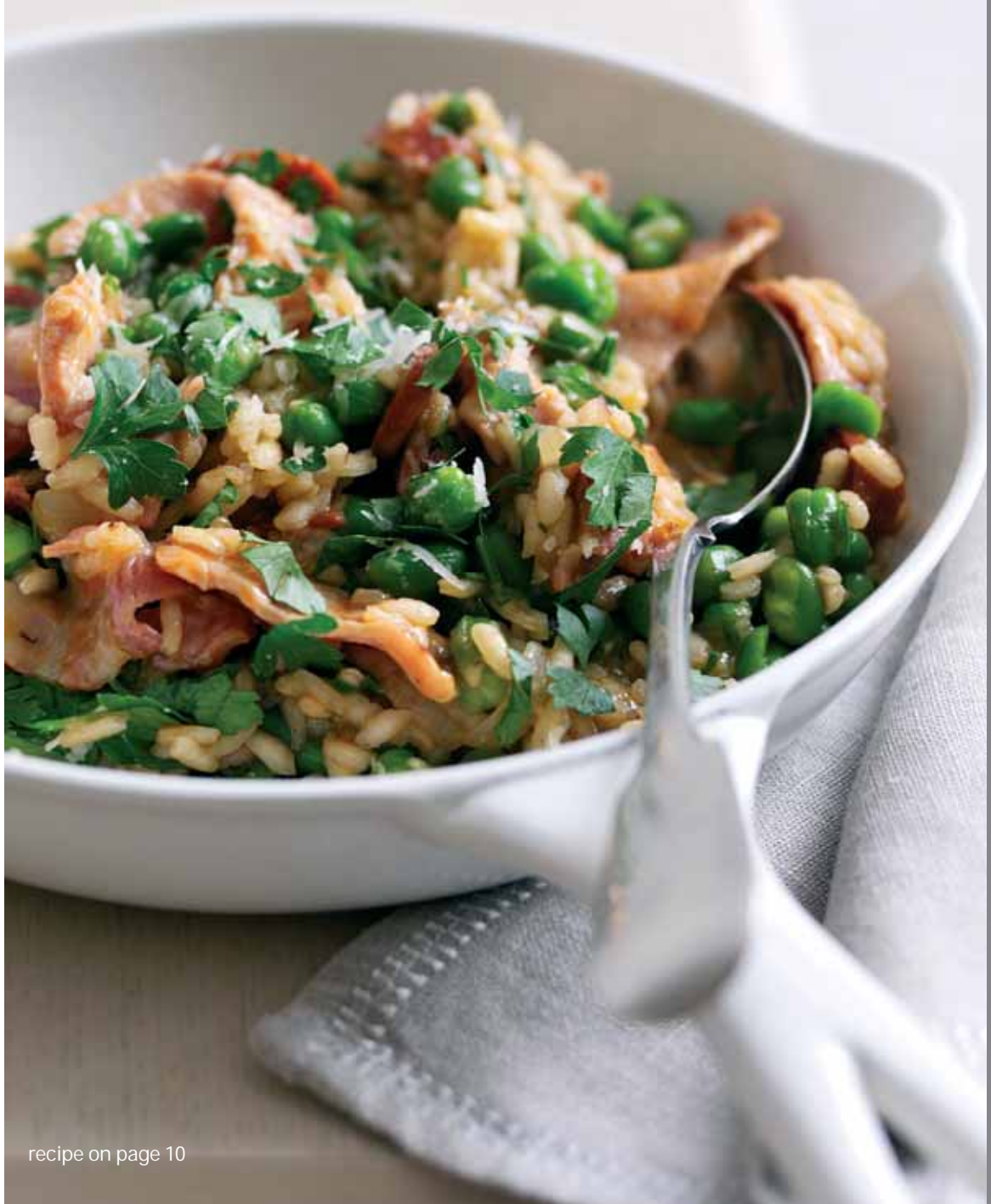
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smoked wiltshire cured bacon brunch bread

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 potato, 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.



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.

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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 spring 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.



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 for 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 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.



For further information or more great recipe ideas call 01908 609821 or go to www.lovebacon.info

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