

# Makin' Bacon

May 2011

## Menu:

Fennel-Black Pepper Cured Bacon

Miso-Ginger Glazed Pork Belly with  
Edamame-Radish Slaw

Seared Chicken with Lardon,  
Brandy and Mushrooms

Caramelized Banana Bread Pudding with  
Chocolate and Sweet Bacon



## **Fennel-Black Pepper Cured Bacon**

**makes about 2 1/2 lbs**

2 1/2 lbs pork belly slab  
1 tbl fennel seeds  
2 tbl black peppercorns  
3 tbl kosher salt  
2 tsp brown sugar  
1 clove garlic, grated

### **\*\*\* Preparation \*\*\*\***

Trim the edges of the pork belly where there is only fat, squaring off the slab. Rinse under cold water and pat very dry. Combine the fennel and peppercorns in a spice grinder and grind coarsely. Mix in a bowl with the salt, sugar and garlic. Rub the mixture all over both sides of the pork and place into a large resealable plastic bag, dumping in any of the excess rub. Seal the bag tightly and place on a tray and into the fridge.

Refrigerate for 7 days, turning the bag each day -- so liquid will collect in the bag as moisture is drawn out of the pork. After 7 days, remove the pork and rinse VERY well (about 1 minute under running very cold water) -- pork should be firm to the touch.

Pat very dry and place on a baking sheet.

Preheat oven to 200 degrees. Bake for 2 hours or until meat is 150-degrees at the center. Remove and let cool to room temperature.

Slice off the layer of skin and discard. Wrap bacon and refrigerate for about 1 1/2 weeks OR freeze. Cut into slices and cook in a pan for breakfast bacon.



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## Miso-Ginger Glazed Pork Belly with Edamame-Radish Slaw

serves 6

### For the pork belly:

1/2 cup yellow or white miso  
2 tbl grated fresh ginger  
2 tbl grated garlic  
1/4 cup soy sauce  
1 cup orange juice  
1/4 cup brown sugar  
1 cup mirin  
1 1/2 lbs pork belly slab, cut into 2-3 inch squares  
salt and pepper  
2 cups lager beer  
2 cups chicken stock, plus more as needed

### For the slaw:

2 cups thinly sliced radishes  
1 cup frozen shelled edamame  
1/4 cup chopped cilantro  
1/4 cup thinly sliced scallions  
1/4 cup rice wine vinegar  
2 tbl honey  
olive oil, drizzle  
salt and pepper, as needed

### \*\*\* Preparation \*\*\*\*

#### For the pork belly:

In a pot, mix together the miso, ginger, garlic, soy, orange juice, brown sugar and mirin. Bring a boil and remove from heat. Score the top of the pork belly into a small diamond pattern (cut down through the thick fat but not into the meat). Preheat oven to 450 degrees. Place the pork belly in a roasting pan and season with salt and pepper. Brush with some of the glaze and roast for 20 minutes or until skin becomes golden. Add the beer to the roasting pan and enough chicken stock so there is about 1 1/2-inches of liquid in the pan. Cover tightly with foil, reduce oven to 350 and bake for 2 hours or until meat is fork tender. Meanwhile, simmer the remaining glaze for 10 minutes and set aside.

#### For the slaw:

In a bowl, toss together the radish, edamame, cilantro, scallions, vinegar, honey, a drizzle of olive oil and salt and pepper to taste. Serve the pork belly warm topped with the cold slaw.



## **Seared Chicken with Lardon, Brandy and Mushrooms**

### **serves 4**

olive oil, as needed  
5 pieces thick-cut bacon  
4 boneless, skinless chicken breasts  
salt and pepper  
1/2 cup flour  
8 oz crimini mushrooms, quartered (or halved if very small)  
1/4 cup brandy  
1 cup chicken stock  
1/4 cup heavy cream  
2 cups baby tomatoes  
2 tbl chopped parsley

### **\*\*\* Preparation \*\*\*\***

Place a small drizzle of olive oil into a large skillet over medium heat. Cut the bacon into little strips and add to the pan. Cook for about 5-8 minutes or until fat has rendered and bacon pieces are golden. Remove bacon with a slotted spoon, leaving behind the fat.

Pat the chicken dry and season with salt and pepper. Place the same pan over high heat. Dust chicken with flour and place into the pan -- cook on both sides until golden. Remove and set aside (chicken will be raw in the middle still). In the same hot pan, add the mushrooms -- add a bit of olive oil if the pan is dry. Cook over high heat until mushrooms have lost all of their liquid and are beginning to brown. Add the brandy, stock and cream and bring to a boil. Add the chicken back to the pan and the tomatoes. Reduce heat to simmer and cook for 10 minutes. Taste and season the sauce as needed. Serve topped with chopped parsley and the reserved bacon.



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## **Caramelized Banana Bread Pudding with Chocolate and Sweet Bacon**

**serves 12 (makes 1 9x13-inch pan)**

### **for the pudding:**

4 tbl butter  
1 cup brown sugar  
pinch cinnamon  
6 medium firm, ripe bananas, cut into 1/4-inch thick slices  
1/3 cup dark rum  
6 eggs  
2 1/2 cups heavy cream  
1 1/2 cups whole milk  
1/2 cup sugar  
pinch salt  
6 cups cubed day-old bread, (sourdough or white works well)  
1 cup dark chocolate chips

### **for the bacon:**

6 slices thick-cut bacon  
1/4 cup brown sugar  
1/4 tsp cinnamon  
1 pint vanilla ice cream, for serving

### **\*\*\* Preparation \*\*\*\***

Preheat oven to 375 degrees.

In a large skillet, melt the butter. Add the sugar and cinnamon and cook just until melted. Add the bananas and cook together over medium-high heat for 5 minutes. Turn off the heat and add the rum. Light the pan with a long lighter to flame the rum. Place back over medium-high heat and cook until flame subsides.

Remove from heat and set aside.

In a large bowl, whisk together the eggs, cream, milk, sugar and salt. Add the bread to this mixture and stir to coat. Butter a 9x13 inch baking dish. Fold the banana mixture into the bread. Gently fold in the chocolate chips and pour into the baking dish.

Bake for 30-45 minutes or until set and golden. Remove from oven and let cool 15 minutes before serving.

Meanwhile, place the bacon on a baking sheet and sprinkle with the sugar and cinnamon. Bake at 400 degrees until golden. Remove and cool before chopping into small pieces.

Serve the pudding warm with vanilla ice cream and bacon crumble.