



# **BACON SWINERY**

FOOD PREPARATION GUIDE

# COOKING METHODS

## PREPARING SLICED BACON

### OVEN (RECOMMENDED)

Cooking in the oven is the most consistent, reliable and cleanest way to make bacon. If you want to ensure the best results every time, try this method.

Step 1: Use a cookie sheet or any other tray and line it with parchment paper (aluminum foil can be used as a substitute)

Step 2: Cook at 365° F for about 25 - 35 minutes. Be sure to check on the bacon after 15 minutes, and flipping them once when there is between 5 - 8 minutes left.

Notes: Depending on your oven's power, it may take over 35 minutes to cook. Preheating is not necessary; however, it will cut the cooking time to 20 minutes. If you like it extra crispy, put the bacon on a cooling rack in the pan and the bacon on top. We prefer a slightly chewier result with more flavor so we lay the bacon on the parchment paper and flip it once with about 5 to 8 minutes to go to make sure the bacon is cooked evenly on both sides. Cooking in its own fat will enhance the flavor, trust us.



# COOKING METHODS

## PREPARING SLICED BACON

### STOVETOP (FASTEST)

Cooking on the stove top is best using a cast iron pan at medium heat. We know you are eager to eat bacon, but be gentle.

Step 1: Heat a cast iron pan to medium-low heat. Do not cook on high heat because it will quickly burn the bacon.

Step 2: Fry for 8 - 12 minutes, flipping them a couple times to cook evenly and avoid curling. Our bacon is thicker than most, so it needs more time to cook at a lower heat.

Notes: We often turn off the heat for the last 2 minutes and let the bacon finish cooking in the hot pan. If you cook it a bit slower you will allow yourself to enjoy the amazing aroma of the cure flavor. Remember that a lot of the flavor is the fat that will melt off, but allowing the bacon to cook in its own fat will maximize the flavor.



# COOKING METHODS

## PREPARING SWINE SNACKS

### OVEN (RECOMMENDED)

Cooking in the oven is the most consistent, reliable and cleanest way to make bacon. If you want to ensure the best results every time, try this method.

Step 1: Use a cookie sheet or any other tray and line it with parchment paper (aluminum foil can be used as a substitute)

Step 2: Cook at 350° F for about 8 - 12 minutes. Check on the bacon at the 8 minute mark to see how it is.

Notes: There is no need to pre-heat your oven. If your oven is slow to heat it may take over 12 minutes, cooking in a preheated oven will take about 6 minutes. If you prefer the bacon to be more caramelized, allow it to rest in the oven. We often reheat any remaining candy and it gets better each time you cook it. By the 3rd time it is harder and sweeter, but may be the best over-sized bacon bit you have ever tried. You may want to try adding caveman candy to your favorite chowder or chili as a great topper. Add it to an omelet or put it in stir-fried rice.



# COOKING METHODS

## PREPARING SWINE SNACKS

### STOVETOP

Cook on cast iron pan at medium or medium-low heat. Caveman candy is already twice cooked so it should cook and caramelize in about 5 - 8 minutes.

Notes: If you cook it a bit slower you will allow yourself to enjoy the amazing aroma candy. Gets you in the mood for just about anything you have planned. Remember that a lot of the flavor is the fat that will melt off, so allow the candy to cook in its own fat to maximize the flavor and then pour it onto a bed of paper towel after it is cooked to absorb the excess fat.



# SERVING GUIDE

## ADDITIONAL INFORMATION

### EXTRA GREASE

Pour all of the extra grease from your pan into a “Bacon Bin” or dedicated container for bacon fat. This is amazing stuff that makes cooking other foods delicious.

### SERVING THE BACON

We recommend laying your fresh cooked bacon on a bed of paper towel to soak up any extra grease. Just a quick dab (top and bottom) will go a long way to remove the excess grease that is on bacon strips. You can serve it to your family still on the paper towel, but if you have guests you may want to class it up and put in a separate warm covered dish. Warm bacon is always better than cold so do your best to keep it classy and tasty.

