
BACON SWINERY

PREPARATION GUIDE

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In this guide we have outlined different ways to cook up our bacon. We have provided options using different appliances and our own personal recommendations.

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Knowing how to properly serve your bacon is just as important as knowing how to cook it. We have provided instructions on how to slice, serve, and make use of your bacon.

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 375° F for about 25 - 30 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 30 minutes to cook. Preheating it 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 heat. Do not cook on high heat because it will quickly burn the bacon.

Step 2: Fry for 8 - 10 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 CAVEMAN CANDY

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 CAVEMAN CANDY

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.

COOKING METHODS

PREPARING SLABS

Oven (Recommended)

Step 1: Fully defrost slab for cooking (it will not sear properly if partially frozen)

Step 2: Pre-Heat Oven to 450 degrees (roast on a sheet-pan with a rack if you have it)

Step 3: Cook the slab fat-cap side up for about 3 minutes. The Slab should start to crisp, if it doesn't you will likely need to increase the temperature. Flip after 3 minutes, then continue to cook the other side for 3 more minutes (or longer if desired).

Step 4: Pull the slab from the heat source and let it set and rest for about 7 to 10 minutes before slicing. This allows internal fat to begin to solidify, keeping the slab moist.

COOKING METHODS

PREPARING SLABS

Stovetop

Step 1: Fully defrost slab for cooking (it will not sear properly if partially frozen)

Step 2: Pre-Heat Cast Iron, Griddle or Standard Non-stick Pan to medium-high heat, (check with a drop of water that should turn to steam instantly, approximately 450 degrees).

Step 3: Cook the slab fat-cap side up for about 3 minutes. The slab should start to crisp, if it doesn't you will likely need to increase the temperature. Flip after 3 minutes, then continue to cook the other side for 3 more minutes (or longer if desired)

Step 4: Pull the slab from the heat source and let it set and rest for about 7 to 10 minutes before slicing. This allows internal fat to begin to solidify, keeping the slab moist.

COOKING METHODS

PREPARING SLABS

Outdoor Grill

Step 1: Fully defrost slab for cooking (it will not sear properly if partially frozen)

Step 2: Pre-heat outside grill, lid closed to high heat.

Step 3: Cook the slab fat-cap side up for about 3 minutes. The slab should start to crisp, if it doesn't you will likely need to increase the temperature. Flip after 3 minutes, then continue to cook the other side for 3 more minutes (or longer if desired). Keep the grill lid closed to reduce fat-flaring.

Step 4: Pull the slab from the heat source and let it set and rest for about 7 to 10 minutes before slicing. This allows internal fat to begin to solidify, keeping the slab moist.

SERVING GUIDE

SLICING SLABS

Preparing to Slice

Use a sharp knife, at least a 7” long blade (no serrated or bread knives). Make sure your knife handle is clean, dry and non-greasy. Hold the slab steady with your opposite hand, use knuckles for guiding the blade, NOT your fingertips! If you have a kevlar cut glove, wear it on the guidance hand covered with a latex or rubber glove.

Cutting Slabs

Your cutting action is 60% back & forth and 40% up & down. Longer back & forth slices with significant “downward” pressure.

Types of Cuts

Strips (like traditional bacon) – We recommend slicing it on the short side, it’s easier (That’s how we do it in house).

Cubes – Cut long-side first to whatever width you wish, then turn the cutting board and cut into cubes on the short-side.

Rib Strips – Cut the slab once down the center length-wise (the long way), turn and cut about 3/8” thick strips (This is similar to Korean BBQ Pork Belly Strips).

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.