



BACON RECIPES E-BOOK!

10 of our favourite bacon
recipes for 2020



Contents Page

Bacon Wrapped Jalapeño Poppers	3
Crispy Bacon & Fennel Meatloaf	5
Bacon & Cheese Sausage Rolls	7
Roasted Pumpkin & Bacon Soup	9
Bacon & Burnt Butter Gnocchi	11
Maple Bacon Cupcakes	13
Bacon & Mushroom Stuffed Tenderloin	15
Bacon Chocolate Chip Cookies	17
BBQ Bourbon Bacon Cheeseburger	19
Maple Bacon Blueberry Pancakes	21





BACON WRAPPED

Jalapeño Poppers



20 mins



Oven

INGREDIENTS

4 rashers of SunPork Bacon
250g cream cheese
2 Tbsp. Cheddar, grated
1 Tbsp. chives, chopped
1 tsp. onion powder
1 tsp. garlic powder
10 jalapeños
- halved lengthways
- seeds removed

METHOD

1. Pre-heat fan forced oven to 180°C.
2. Combine cream cheese, Cheddar cheese, chives, onion powder and garlic powder then spoon evenly into the jalapeño halves.
3. Wrap a piece of bacon around each jalapeño and secure with a skewer.
4. Place on baking tray and into the oven for 20 mins. Ensure to turn the jalapeños halfway to ensure the bacon is cooked and crispy.

Did you know?



The term 'Jalapeño Poppers' has been used since 1972 and is an Americanised version of the classic Mexican dish 'Chile Rellenos'



CRISPY BACON & FENNEL

Meatloaf



1 hour



Oven

INGREDIENTS

500g Pork Mince
500g veal mince
6 rashers SunPork bacon
2 bulbs of fennel, quartered
1 onion
1 carrot
15g sage, chopped
15g rosemary, chopped
60g of mozzarella cheese
100g breadcrumbs
1 tsp. wholegrain mustard
1 egg
250ml chicken stock
1 Tbsp. blackcurrant jam
1 Tbsp. tomato paste

METHOD

1. Line baking tray with baking paper and pre-heat fan forced oven to 180°C.
2. Combine onions, carrots, herbs, mozzarella, breadcrumbs, mince, wholegrain mustard and the egg together.
3. Form into a log and place on baking tray. Place fennel bulbs on tray alongside the meatloaf.
4. Layer streaky bacon on top of the loaf and place in the oven for 40 mins.
5. Meanwhile, combine chicken stock, jam and tomato paste. Carefully pour around the meatloaf and cook for a further 20 mins or until cooked through.
6. Serve with mash and greens.

Did you know?

Meatloaf became a very popular dish in the 1940's when war rationing limited the amount of meat that could be purchased for family meals.





BACON, CHEESE & VEGEMITE

Sausage Rolls



30 mins



Oven

INGREDIENTS

200g SunPork Bacon
1 Tbsp. canola oil
1 brown onion, finely chopped
3 cloves garlic, minced
500g pork & veal mince
1 green apple, grated
½ cup rolled oats
1 cup fresh parsley, chopped
2 eggs
1 Tbsp. vegemite
150g Cheddar, grated
2 sheets frozen puff pastry
25g parmesan
Tomato relish, to serve

METHOD

1. Heat 1 Tbsp. of oil in fry-pan over med. heat.
2. Cook bacon, onion and garlic for 5 mins or until soft. Set aside to cool.
3. Combine bacon mixture, mince, apple, oats, parsley, 1 egg and vegemite in a bowl. Mix well then stir in Cheddar.
4. Pre-heat fan forced oven to 180°C.
5. Whisk remaining egg in bowl.
6. Place half the mixture along the center of each piece of pastry. Lightly coat the edges with egg and fold pastry over to enclose the mixture.
7. Brush the top of the pastry with egg and make small score marks in the top to allow steam to escape.
8. Sprinkle with Parmesan and place in oven for 30 mins or until golden.
9. Serve with tomato relish or your favourite dipping sauce.





ROASTED PUMPKIN

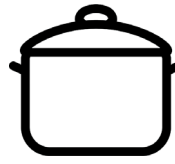
& Bacon Soup



30 mins



Oven



Saucepan

INGREDIENTS

350g SunPork Bacon, diced
1 butternut pumpkin
- peeled & quartered
2 medium potatoes
- peeled & quartered
1 garlic bulb, cut in half
3 Tbsp. olive oil
1 leek, thinly sliced
3 Tbsp. butter
1L chicken stock
1 cup heavy cream
Salt and pepper, to season
Chives, to serve
6 bread rolls, to serve

METHOD

1. Pre-heat fan forced oven to 180° C. Wrap garlic bulb halves in foil.
2. Place pumpkin, potato and garlic bulbs onto baking tray. Drizzle with olive oil and bake for 30 mins or until tender.
3. Meanwhile, heat fry-pan over med. heat.
4. Cook bacon until crispy. Melt butter in with bacon and cook leeks for 2 mins.
5. Once cooked, place pumpkin, potatoes, half the bacon and leek mixture and chicken stock in a large saucepan. Squeeze out the garlic flesh from the bulbs skin and put into pot.
6. Blitz until smooth with a stick blender. Add the rest of the bacon and leek mixture and bring to the boil.
7. Reduce heat and simmer for 10 mins. Add cream, salt and pepper and sprinkle with chives.
8. Serve bacon pumpkin soup in bread rolls and enjoy.



BACON & BURNT

Butter Gnocchi



30 mins



Saucepan

INGREDIENTS

300g SunPork Bacon, diced
500g potato gnocchi
8 Tbsp. unsalted butter
18 sage leaves
1 tsp. lemon zest
½ cup sun dried tomatoes
Salt and pepper, to season

METHOD

1. Cook gnocchi according to pack instructions.
2. Heat fry-pan over med. heat. Place gnocchi in pan in batches with 1 tbsp. of butter. Cook until gnocchi is golden and crisp on each side. Remove and set aside.
3. Cook bacon until crispy. Remove bacon from pan and set aside.
4. Place butter in fry-pan. When the butter has nearly melted, add the sage leaves and stir.
5. Cook until the butter turns a light brown colour and the sage leaves have started to crisp. Add the gnocchi, bacon, sun dried tomatoes, lemon zest and salt and pepper to pan.
6. Stir through butter and sage then serve immediately.

Did you know?

Gnocchi is the Italian word for dumplings and was invented in Northern Italy in the 16th century.





MAPLE BACON

Cupcakes



30 mins



Oven

INGREDIENTS

200g SunPork Bacon
- diced & cooked
2¾ cups plain flour
1 cup brown sugar
1 cup caster sugar
½ tsp. baking soda
1½ tsp. baking powder
1 tsp. salt
1 cup unsalted butter
1 cup sour cream
½ cup milk
3 large eggs
3½ tsp. maple extract
2 tsp. vanilla extract
4 Tbsp. pure maple syrup + extra
to drizzle
4 cup vanilla frosting
6 crushed graham crackers

METHOD

1. Pre-heat fan forced oven to 180°C. Line a muffin tray with cupcake cases and set aside.
2. In a mix master, whisk together flour, sugars, baking soda, baking powder, and salt.
3. On low, slowly mix in chunks of butter. Turn mixer to medium and beat until mixture resembles crumbs.
4. In a bowl, whisk together sour cream, milk, eggs, maple and vanilla extract, and 2 Tbsp. of maple syrup.
5. Slowly pour mixture into dry ingredients. Turn mixer to medium and beat until incorporated; about 1 min.
6. Spoon 3 Tbsp. of cake batter into each tin. Bake in oven for 30 mins or until a toothpick inserted in the center comes out clean. Allow cupcakes to cool.
7. Fill a piping bag with icing and frost each cupcake.
8. To make bacon, cook in fry-pan until crispy. Add 2 Tbsp. of maple syrup and stir through bacon.
9. Add chopped bacon to the top of the cupcake and sprinkle with crushed graham crackers. Drizzle maple syrup over each cupcake if desired.





BACON & MUSHROOM

Stuffed Tenderloin



30 mins



Oven

INGREDIENTS

500g SunPork Pork Tenderloin
2 SunPork Bacon Rashers, diced
3 Tbsp. olive oil
½ onion, finely chopped
200g mushrooms, thinly sliced
2 garlic cloves, minced
½ tsp. ground black pepper
Salt, to taste
Large handful of fresh parsley
- chopped

METHOD

1. In a large fry-pan heat 2 Tbsp. of oil over med-high heat. Sauté the onion until soft then add the bacon, mushrooms, pepper and salt to taste. Cook for 5 mins until the bacon is cooked and mushrooms are soft.
2. Using a sharp knife, cut lengthways down the tenderloin and open it out like a book. Be careful not to slice all the way through.
3. Cover the tenderloin with cling film and then pound with a meat mallet until 1cm thick.
4. Spread the bacon and mushroom filling on the tenderloin leaving space at the edges. Roll tightly and secure with toothpicks.
5. Season with salt then refrigerate for 10 mins to help it set in shape.
6. Pre-heat fan forced oven to 180° C.
7. Heat 1 Tbsp. oil in the fry-pan and sear the tenderloin for about 2 mins per side until browned.
8. Bake on a lined tray for 20 mins.
9. Rest for 5 mins and slice before serving.





BACON CHOCOLATE

Chip Cookies



35 mins



Oven

INGREDIENTS

300g SunPork Bacon
1½ cup brown sugar
2¼ cups flour
½ tsp. baking soda
¾ cup butter, melted
½ cup white sugar
1 cup brown sugar
1 Tbsp. pure vanilla extract
1 whole egg
1 egg yolk
2 cups chocolate chips

METHOD

1. Pre-heat fan forced oven to 180°C. Line baking tray with grease proof paper.
2. Layer bacon on baking tray and sprinkle with 1½ cups brown sugar. Place in oven and bake for 25 mins.
3. In a bowl, sift flour and baking soda. In a separate bowl, cream butter with white and brown sugars. Add vanilla, egg and egg yolk and beat until light and creamy.
4. Add in flour mixture and mix well. Add diced candied bacon and chocolate chips and stir until just combined.
5. Place golf ball sized portions of dough on a lined baking tray and bake in oven for 13–15 mins. Remove and let the cookies cool.

*Serve with a glass of warm
cinnamon spiced milk!*





BBQ BOURBON

Bacon Cheeseburger



15 mins



BBQ

INGREDIENTS

4 SunPork Bacon Rashers
4 beef patties
½ cup BBQ sauce
30ml bourbon
4 bread rolls
4 Tbsp. tomato sauce
8 slices pickles
2 slices Cheddar
8 leaves lettuce
8 slices tomato

METHOD

1. Cook bacon according to pack instructions.
2. Cook beef patties according to cooking instructions. Add slices of cheese to the top of patties and allow to melt.
3. In a small saucepan over med. heat, combine BBQ sauce & bourbon together. Bring to the boil then set aside to cool.
4. Lightly toast each bread roll.
5. Spread tomato sauce and layer 2 slices of pickles on each bottom half of the bread rolls. Top with 2 leaves of lettuce and 2 slices of tomato. Add the beef patty and top with crispy bacon.
6. Drizzle with bourbon BBQ sauce.
7. Top with remaining bread and enjoy!

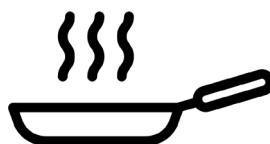


MAPLE BACON

Blueberry Pancakes



35 mins



Fry-pan

INGREDIENTS

300g SunPork Bacon
4 Tbsp. butter
2 eggs
1¾ cup milk
1 tsp. vanilla essence
2 cups self-raising flour, sifted
½ cup caster sugar
2 cups blueberries
Maple syrup, to serve

METHOD

1. Cook bacon according to pack instructions.
2. In a bowl, whisk eggs, milk and vanilla together. Add flour and sugar to mixture and whisk until smooth.
3. Heat a large fry-pan over med. heat. Place 1 Tbsp. of butter in fry-pan and allow to melt.
4. Pour ¼ cup of mixture into pan. Place 4–6 blueberries on top of mixture in the fry-pan.
5. Cook for 2 mins or until bubbles appear on the surface.
6. Using an egg flip, carefully flip the pancake over and cook for a further 1 min.
7. Repeat process until all of the pancake mixture is gone.
8. Top pancakes with bacon, fresh blueberries, butter and maple syrup.



*Find more delicious bacon
& pork recipes at*

www.sunporkfreshfoods.com.au

