

HOW TO COOK BACON

Here is another one my younger self took for granted; how do I cook bacon? I think I always just assumed “Hey! Fry it in a pan!” At some point, I am not totally sure when, I realized there were other ways to do it. I think it might have been when I bought bacon from Bacon Freak. Or maybe it was talking to Steve at work about his bacon wrapped bagel chips. Whatever it was, it was another eye opener that percolated down throughout all my bacon related cooking projects

By the way, check out Bon Appetit’s “Every Way to Cook Bacon” video. Very entertaining and informative!

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
1	16 oz pack	Regular Cut Bacon

I still like Kunzler, but use whatever bacon you like! If you have a chance, give one of the boutique bacons a try. See my “Grand Bacon Experiment” write-ups for what I found with one of them

SPECIAL TOOLS

- None!!!

SAVING LEFTOVER BACON

Before we get into the cooking, let’s talk about saving leftover bacon. The best way I have found is to use a Foodsaver and vacuum seal it. It does NOT discolor like it does when just put in Ziploc bag and keeps longer. I did not list the Foodsaver or its bags under special equipment because for now, I am just going to assume that you will eat all of the bacon.

OVEN – LOW AND SLOW

OK.... Before I get into this one, the pictures do not match up 100% to the instructions. Normally I would do one pack of bacon on two pans to avoid crowding. However, I got a little lazy when I made this last round from whence the pictures came. In short, I only have two racks in my oven and a pizza stone was on one of them. I was too lazy to move it, so I decided to see what would happen if I just overlapped the bacon to make it fit. It still worked quite well for what I needed, but next time I am definitely going back to the two pan method

This method produces a very crisp, but fragile bacon. It is THE go to method for bacon crumbles!

PREPARATION

- 1) Reposition two racks in your oven to the center-most positions
- 2) Heat oven to 200 deg. F
- 3) Break out two ½ sheet pans and two ½ sheet cooling racks and place one rack in each pan
- 4) Split the bacon between the two pans
- 5) Place the bacon in the oven and set a timer for 60 minutes
- 6) At 60 minutes, pull the bacon and flip
- 7) Put the bacon back in the oven, but swap the pans between the oven racks that they were on and rotate the pans 180 deg. so that the side that was previously towards the front of the oven is now towards the back
- 8) Set a timer for 60 minutes
- 9) At 60 minutes, pull the bacon. At this point, it may be cooked to your liking, so if it is, don't go any farther, but I generally go to at least 3 hours
- 10) If you decide to go on, flip the bacon. If not, skip to step 14
- 11) Put the bacon back in the oven, but swap the pans between the oven racks that they were on and rotate the pans 180 deg. so that the side that was previously towards the front of the oven is now towards the back
- 12) Set a timer for 60 minutes
- 13) At 60 minutes, pull the bacon
- 14) CAREFULLY (it will be fragile) remove the bacon to paper towels and put the cooling rack / sheet pan back in the oven
- 15) CAREFULLY (it will be fragile) pat excess grease from the bacon
- 16) If you are making crumbles, continue on. If not, ENJOY!!!
- 17) Slice the bacon into very thin strips along the short axis.
- 18) Slice into very small pieces along the long axis
- 19) Continue to cut at various angles until you get the size crumble you are looking for
- 20) Put in a Tupperware container, label with the date, and put in the fridge until you need bacon crumbles
- 21) Pull the pan from the oven and let cool until handleable
- 22) Pour the bacon fat into a small jar through a fine mesh strainer. Use a silicon spatula to scrape all of the fat down towards the jar
- 23) Cover the jar, label with the date, and put in the fridge until you need bacon fat

PICTURES













OVEN – HIGH AND FAST

Coming Soon!!!

PAN FRY

Coming Soon!!!

CLOSING THOUGHTS

All methods are good (Hey! It's bacon!), but I think each one has its place. I LOVE the low and slow, but it is not necessarily the best for let's say, breakfast bacon. Pan frying might taste great, but a little cumbersome for the home cook with one pan who needs to make a lot. In short, do what is best for you because, HEY! IT'S BACON!!!

NOTES

- i. None!