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Contributors

Tesco (Firm)

Publication/Creation

Cheshunt: Tesco, 1994.

Persistent URL

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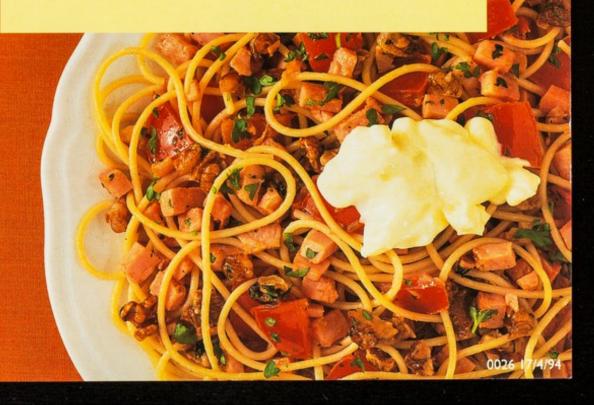


TESCO

DISCOVER

THE VERSATILITY OF

DICED Bacon





Bacon has always been a popular part of the Great British Breakfast. However it's increasingly recognised as tasty nutritious meat and a really versatile cooking ingredient. To make the product even easier to use, Tesco have now introduced Diced Bacon. Cut from lean pork and with a lightly smoked flavour, Diced Bacon will help you make some delicious and convenient meals. Here's a few recipes to try.



Cooking Time: 10-15 Minutes Ingredients: 225g (80z) Dried Spaghetti Salt

Salt
125g (40z) Walnut Pieces, roughly chopped
127g Diced Bacon
1 Clove Garlie, peeled and crushed
480g (11b) Tomatoes, chopped
4 x 15ml sp (4 tbsp) Freshly Chopped Parsley
Rind of 1 Lemon
125g (40z) Low Fat Soft Cream Cheese

Method:

1. Cook the spaghetti in boiling salted water until just tender.

2. Meanwhile heat the oil in a large frying pan and add the walnuts, bacon, garlic and cook until golden. Stir in the tomatoes, parely and lemon rind. Heat, stirring, for 1-2 minutes or until piping hot. Season to taste.

3. Drain the spaghetti and toss with the bacon mixture. Serve, topping each portion with pieces of soft cheese.





Cooking Time: 1½ Hours
Cooking Temperature: 200°C/400°F/Gas Mark 6
Ingredients:
450g (11b) Potatoes, peeled
2 x 15mi sp (2 tbsp) Oilve Oil
227g Dieced Bacon
2 x 15mi sp (2 tbsp) Soft Brown Sugar
2 v 15mi sp (2 tbsp) Soft Brown Sugar
2 Onions, peeled and finely chopped
200mi (7 floz) Natural Fromage Frais
1 x 5mi sp (1 tsp) Dried Thyme
225g (80z) Gruyere or Emmental Cheese, grated

1 x 5ml sp (1 tsp) Dried Thyme
225g (802) Gruyere or Emmental Cheese, grated
Method:

1. Place the potatoes into a pan and cover with cold
salted water. Bring to the boil and cover for 10
minutes. Cool until easy to handle then cut into
5mm (14") slices.

2. Heat the oll in a non-stick frying pan and add
the bacon. Cook until crispy and then spoon onto
a piece of kitchen roll. Leave to cool.

3. Into the same frying pan add the sugar and
onions. Cover and cook for 10 minutes, stirring
occasionally until the onions are soft.

4. Mix the fromage frais and the thyme.

5. Lightly grease a 2 litre (3½ pint) ovenproof dish
and cover the bottom evenly with half the
potatoes. Pour over half the fromage frais
mixture. Layer over the onions, then bacon and
two thirds of the grated cheese.

6. Cover evenly with a smooth layer of remaining
potatoes and fromage frais. Sprinkle over the
remaining cheese.

7. Stand the dish on a baking sheet and cook in the
centre of a pre-heated oven for 40-45 minutes or
until golden brown and the potatoes tender.



Add diced bacon to soups or sauces. Try it sprinkled on pizzas. Scrambled eggs taste great with diced bacon.



COURGETTE AND THYME

A delicious light meal that is similar to an omelette.

Cooking Time: 8-10 Minutes Ingredients:

Serves: 4

1 x 15ml sp (1 tbsp) Olive Oil 1 Courgette, sliced

1 Small Onion, sliced

227g Diced Bacon

1/2 x 5ml sp (1/2 tsp) Dried Thyme

1/2 x 5ml sp (1/2 tsp) Dried Rosemary

2 x 15ml sp (2 tbsp) Milk

Fresh Thyme for Garnish

Method:

1. Heat the oil in a non-stick 20.5cm (8") frying pan. Fry the courgettes for 2-3 minutes. Add the onion and bacon and cook for 4-5 minutes, stirring continuously until softened.

2. Whisk together the thyme, rosemary, eggs and milk. Pour over the courgette mixture and leave to set over a low heat for 2-3 minutes. Brown under a pre-heated grill for 3-4 minutes or until golden brown. Cut into wedges and sprinkle with thyme.



BACON RISOTTO

Cooking Time: 35-40 Minutes Ingredients:

Serves: 4

1 x 15ml sp (1 tbsp) Sunflower Oil

1 Onion, thinly sliced

227g Diced Bacon 350g (12oz) Brown Cap Mushrooms, sliced

175g (6oz) Long Grain Rice

750ml (11/4 pts) Chicken Stock

75ml (3 floz) Dry White Wine

Rind of 1 Lemon

2 Garlic Cloves, peeled and crushed

1 x 15ml sp (1 tbsp) Freshly Chopped Basil

Salt and Freshly Ground Black Pepper

Method:

- 1. Heat the oil in a large frying pan and add the onion and bacon. Cook until golden for 4-5 minutes. Stir in the mushrooms and fry for a further 2 minutes.
- 2. Add the rice, stock, wine, lemon rind and garlic and basil. Bring to the boil. Simmer gently, uncovered, for 25-30 minutes, stirring occasionally. The rice should be tender and all the liquid absorbed. Season to taste.

All products featured subject to availability. Tesco Stores Limited, Cheshunt, Herts EN8 9SL.