

Product of the Week

BACON

- Australia has a great production of Bacon. The Australian Pork Industry has a great code of conduct with pig production.
- The main cuts of bacon are side, middle, back and cottage bacon, and all are produced from Cured Pork. Bacon is delicious and can be used in a variety of dishes.....and of course Bacon and eggs can't be beaten for breakfast! If on the run a bacon and Egg roll is so easy!
- Side bacon comes from the pork belly and is very fatty with long layers of fat.
- Middle bacon is from the side of the animal, and fat content and flavour is quite different to side bacon.
- Back bacon is a lean meaty cut of bacon and has a ham like texture.
- Cottage bacon is lean thinly sliced pork from the shoulder.
- It is important we purchase and use Australian bacon in our cooking, so please check the label.

Recipe:

One pot pasta with bacon, tomato and parsley (Feeds 4)

Ingredients:

1 tablespoon olive oil
200g bacon coarsely chopped and fat trimmed
2 cloves garlic crushed
½ teaspoon dried chilli flakes
½ cup white wine
2 ½ cups water
350g dried pasta tortiglioni
250ml (1 Cup) tomato paste
Baked ricotta thinly sliced
1/3 cup parsley chopped

Method:

Heat oil in large saucepan (medium to high heat), add bacon, garlic and chilli and stir for 3 minutes or until bacon is golden.

Add wine and cook for 2 minutes. Add pasta and stir to coat. Add water and tomato paste.

Reduce heat to medium low and simmer covered, stirring occasionally for 20 minutes or until pasta is *al dente* and the liquid has reduced and thickened.

Divide pasta into serving bowls and top with baked ricotta and parsley. Season with pepper and serve.

(Source: Australian Good Taste Magazine)