

Kristen's "The Best Bacon Jam"

Courtesy of TheEndlessMeal.com <https://www.theendlessmeal.com/the-best-bacon-jam/>

INGREDIENTS

- 1 lb. thick cut bacon
- 2 extra large sweet onions, quartered and thickly sliced
- 1/2 cup brown sugar (use coconut sugar for paleo)
- 1/3 cup strong brewed coffee
- 1 tablespoon balsamic vinegar



INSTRUCTIONS

1. Cut the bacon into half-inch slices and add them to a large frying pan. Don't worry if the bacon pieces stick together, they will come apart as they cook. Cook over medium-high heat for about 10 minutes, stirring frequently until the bacon is cooked but still quite chewy. A few crispy bits are ok.
2. Using a slotted spoon remove the bacon from the pan and set aside. Pour out all but 1 tablespoon of the bacon drippings and reserve for another use.
3. Add the onions to the pan and cook for about 8-10 minutes then reduce the heat to low. Add the sugar and stir. Continue to cook until the onions have caramelized, about 20 minutes. Add the coffee, 1/2 cup of water and the reserved bacon and increase the heat to medium. Continue to cook, stirring about every five minutes, until the onions are thick and jam-like, about 30 minutes.
4. Remove from heat and stir through the balsamic. Taste for seasoning and salt if necessary.
5. Use immediately or refrigerate for up to a week. Bring back to room temperature before serving. There will be little spots of white fat when you take it out of the fridge. As the jam comes to room temperature, these will disappear.

Lauren Miyashiro's Bacon Jam

Courtesy of Delish.com <https://www.delish.com/cooking/recipe-ideas/recipes/a54929/bacon-jam-recipe/>

INGREDIENTS

1 lb. bacon, cut into 1" pieces
1 Onion, finely chopped
4 shallots, minced
2 cloves garlic, minced
1/2 c. brown sugar
1/4 c. maple syrup
1/3 c. apple cider vinegar
1 tsp. chili powder



DIRECTIONS

In a medium saucepan over medium heat, cook bacon until crispy. Transfer bacon to a paper towel-lined plate, reserving about a tablespoon of bacon fat in the pan.

Reduce heat to medium-low. Add onion and shallots to the pan and cook, stirring often, until the onions are caramelized, about 15 minutes.

Stir in garlic, brown sugar, maple syrup, vinegar, chili powder and cooked bacon. Bring mixture to a simmer then reduce heat to low. Cook until the liquid has reduced and thickened and the onions are jammy, 7 to 10 minutes.

Let cool before transferring to a jar. Serve with cheese and crackers. (It's also delicious on a burger!)

NOTE - Be Sure to Use ONLY Good Quality Bacon
(No Hormones, Antibiotics or added nitrates)