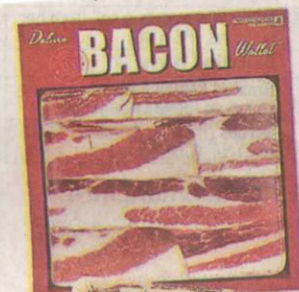


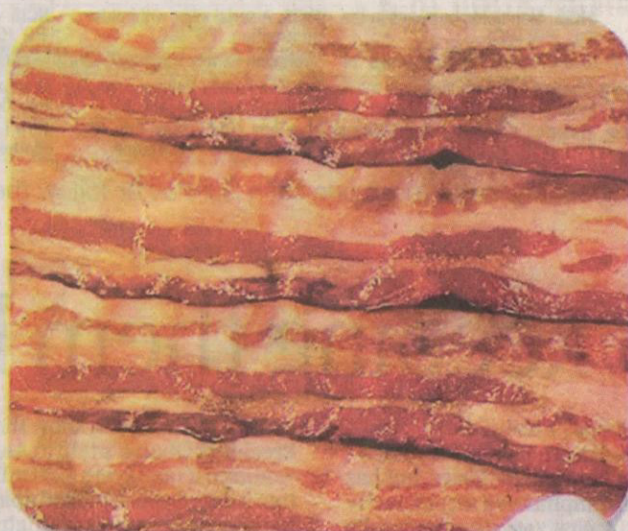
**FOCUS ON: FOOD & DRINK**



The Deluxe Bacon Wallet is available for \$12.99 from [baconaddicts.com](http://baconaddicts.com).

Courtesy [baconaddicts.com](http://baconaddicts.com)

The Bacon Mouse Pad is available for \$19.99 from [baconaddicts.com](http://baconaddicts.com).



Courtesy [baconaddicts.com](http://baconaddicts.com)

# GIFTS WITH SIZZLE

## You can find bacon for just about any dad this Father's Day

By DENISE O'TOOLE KELLY  
FOOD EDITOR

Dads love bacon. It must be true. How else can you explain this year's online marketing blitz of bacony twists on the classic Father's Day gifts like neckties, wallets, mouse pads and even cologne?

Don't laugh on the last one. A 2009 poll in Great Britain showed more men were made happier by the aroma of sizzling bacon than by the scent of a newborn baby. Not sure what the implications of that onepoll.com factoid are for the meaning of the holiday coming up Sunday. But it sure makes it sound like a good idea to make sure your father wakes up to a house that smells like bacon on his special day. And there's a breakfast-in-bed bacon for most any dad, regardless of his dietary preferences or health-related or religious restrictions.

**Q. You say your dad doesn't eat meat?**

"Vegetarian, vegan bacon substitutes are definitely out there," says Shawn Noseworthy, director of food and nutrition services for Florida Hospital Memorial Medical Center in Daytona Beach.

Soy-based vegetarian bacons are sold under labels including Worthington Stripples and Morningstar Farms Veggie Bacon Strips. Smart Bacon from Lightlife meets vegan standards, Noseworthy says.

The packaged meatless bacons

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### Home-cured Bacon

From Alison Ladman of the Associated Press; start to finish: 7 days (30 minutes active); makes 2 pounds

- 2 cups kosher salt
- 2 cups packed brown sugar
- 1 tablespoon ground black pepper
- 2 pounds pork belly (aka fresh side meat)

In a medium bowl, mix together the salt, sugar and pepper. Add any additional seasonings, as desired (see suggestions below).

Find a container that will hold your pork belly comfortably with 1 to 2 inches of space on all sides. A deep baking pan or casserole dish is a good choice. Spoon about half of the salt mixture into the container, spreading it in an even layer. Set the pork belly over the salt, pressing it gently into the salt mixture. Pack the remaining salt mixture over and around the pork. Refrigerate, uncovered, for six to seven days.

Remove the slab of pork belly (now bacon) from the salt mixture. The bottom will resemble wet sand. Discard the salt mixture. Rinse the bacon under cool running water. Pat the bacon dry with a clean towel. Use a very sharp knife to cut the bacon into slices, then refrigerate up to 5 days or freeze up to 3 months.

Fry or otherwise cook the home-cured bacon as you would purchased bacon.

Flavor variations: maple (substitute granulated maple sugar for the brown sugar); hunter (add 1 tablespoon dried thyme, 1 tablespoon dried savory, 1 tablespoon crushed mustard seeds, 5 crumbled bay leaves and 2 tablespoons crushed juniper berries); smoked pepper (add 1/4 cup smoked paprika and 2 tablespoons red pepper flakes.)

From No Meat Athlete; makes 24 slices

- 1/2 cup dried adzuki beans or other small red beans
- 1/3 cup hulled wholegrain buckwheat (not buckwheat flour)
- 1 teaspoon onion powder
- 1 teaspoon hickory liquid smoke

- 4 teaspoons nutritional yeast
- 1 teaspoon smoked paprika
- 1 tablespoon Bragg's Liquid Aminos\* (or soy sauce)
- 1/2 teaspoon kosher salt
- 2 teaspoons tomato paste
- 1 teaspoon coconut oil
- 2 teaspoons maple syrup

Rinse the beans and buckwheat, place in large bowl covered with several inches of cold filtered water; let soak overnight.

Preheat the oven to 400 degrees. Strain the soaked beans and buckwheat and rinse. Place in the bowl of a food processor. Add the onion powder, liquid smoke, nutritional yeast, smoked paprika, aminos or soy sauce, salt, tomato paste, coconut oil and maple syrup. Pulse several times to combine, scrape down the sides and bottom of bowl and continue pulsing until uniform but not as pureed as hummus.

Line a 9-inch-by-13-inch casserole dish with parchment paper and coat with baking spray. Place bacon mixture in pan and spread as much as possible with a spatula. To get the mixture very thin and evenly spread, spray another piece of parchment paper lightly with baking spray and press the paper on top of the mixture and flatten with your hands. Remove and discard the top piece of parchment paper, then use a spatula to spread over and fill in any bare spots. Bake for 10 minutes.

Remove from oven and let cool for 10 minutes, then slice into 24 strips, about 1 inch by 4 inches (Do this by making one lengthwise cut down the center, and then 12 cuts across the shorter side). Remove the strips with a small spatula.

Heat a tablespoon of oil in a frying pan on medium-high heat. Fry the bacon slices for 2-3 minutes, flipping once. Alternatively, before frying, you can freeze the bacon, then fry when ready to serve (no need to thaw first).

\*A protein concentrate derived from soybeans, available in some grocery and health food stores locally.

The Bacon Tie is available for \$29.95 from [zazzle.com](http://zazzle.com)

Courtesy [zazzle.com](http://zazzle.com)

tend to be highly processed, so some people make their own either starting with tempeh, a fermented soy cake that's a staple of vegetarian cooking, or from scratch without soy (recipe shown here).

**Q. Does your dad strive to eat only natural foods?**

"We have thick sliced, dry rubbed, uncured bacon. It's all-natural pork raised without antibiotics and hormones. That's my personal favorite," says Peggy Van Cleef, meat buyer for Love Whole Foods in Ormond Beach, of a Garrett County bacon product. "Look on the back of it, the ingredients: pork, sea salt, raw sugar and spices. That's it."

The store also carries two organic bacons from Applegate Farms, an uncured turkey bacon and an uncured pork bacon called Sunday Bacon. Most people looking for natural and organic bacons are avoiding nitrates and nitrites, Van Cleef says. If one's father has a gluten allergy or celiac disease, he should stick to the organic bacons because they are gluten-free, she says.

**Q. Does your father keep kosher?**

This one's a little tougher. No pork, of course, and for various reasons turkey bacons don't make the cut either.

"There is no kosher bacon," says Yehuda Morali, owner of Jerusalem Grill and Grocery in Ormond Beach. "I've never heard of kosher bacon in my life."

However, there are substitutes. Morningstar Farms Veggie Bacon Strips are certified kosher by the Orthodox Union, according to an article last month from The Jewish Week of New York. The May 17 online article also draws attention to Bacon Salt, a vegetarian and kosher blend that is purported to make anything taste like bacon.

The article also addresses the topic of whether pretending to eat bacon — even if what you are actually eating meets kosher standards — is prohibited under Jewish law. Rabbis OK, as long as the product is clearly labeled as a pork imposter.

"Today people are quite well aware that you have all these vegetarian mock meats," Rabbi David Steigman, the kosher supervisor with the Orthodox Union who oversees Morningstar Farms tells The Jewish Week. "Forty or 50 years ago it might have been a serious concern whereas today it's not."

**Q. Is pork your dad's pleasure?**

Even if your father's a cured-



News-Journal/DENISE O'TOOLE KELLY

Owner Rick Tomkievich slices bacon in the back room of DeLand Meat Market last week.

bacon," says Rick Tomkievich, owner of DeLand Meat Market. "I have the regular package that you buy in the supermarket."

"I have the rind bacon. It comes in a chunk and it still has the rind on it and we slice that to

Also cut in the shop are thick sliced hickory smoked bacon and rib bacon. The hickory smoked bacon is the best seller, Tomkievich says.

"I have customers who take it up to Kentucky when they go on vacation because their brother-in-law had it when he was here," he says.

Other customers say the rib bacon is the best bacon they've ever tasted, he says. "It goes a little bit deeper down into the pig where it still has the bone in," he explains.

People who want to try their hand at curing their own bacon for Dad can get the fresh side meat from butchers such as Tomkievich, he says. However, the process takes six to seven days so it's too late for this year's festivities.

For a bacon lover like Tomkievich, owning a meat market is a bit like being a candy store, but he exercises self-restraint.

"I look forward to Sunday morning. That's the only day I get to eat it," he says. And about this Sunday? "Bacon is the King of Father's Day. You indeed