



Braised Bacon with Smoked Paprika Pancakes

READY IN



160 min.

SERVINGS



4

CALORIES



921 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 pounds bacon
- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons butter divided melted
- ☐ 4 servings chili sauce
- ☐ 2 eggs beaten
- ☐ 1 cup flour all-purpose
- ☐ 2.5 cups chicken stock low sodium homemade store-bought
- ☐ 0.8 cup milk
- ☐ 1 cup onion finely sliced

- ☐ 1 teaspoon salt
- ☐ 4 servings spring onion sliced
- ☐ 2 teaspoons paprika smoked
- ☐ 1 tablespoon sugar
- ☐ 1 small bunch thyme leaves
- ☐ 2 teaspoons vegetable oil divided

Equipment

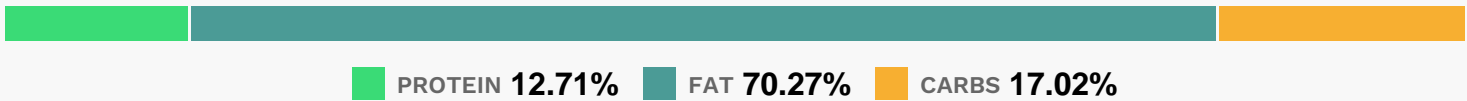
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ dutch oven
- ☐ cutting board

Directions

- ☐ For the Bacon: Adjust oven rack to middle position and preheat to 325°.
- ☐ Score the fat on the bacon in 1/2 inch cross hatch pattern.
- ☐ Heat vegetable oil in a dutch oven over medium high heat until shimmering.
- ☐ Add bacon, fat side down. Cook until fat begins to render and crisp, about 5 minutes. Flip and cook until underside of bacon is brown, about 4 minutes.
- ☐ Remove fro dutch oven and reserve.
- ☐ Add onions to pan and cook, stirring, until softened, about 4 minutes.
- ☐ Add thyme.
- ☐ Place slab bacon on top of onions and add stock. Bring to a simmer, cover, and place in the oven. Cook until the bacon yields when a knife is inserted in the center, about 2 hours.
- ☐ Remove from oven.

- ☐ Let the bacon rest on a cutting board, and strain the cooking liquid. Reserve the liquid and discard onions and thyme.
- ☐ For the Pancakes: Lower the oven to 200[°] and place a lined baking sheet in the oven.
- ☐ Whisk together flour, sugar, baking powder, salt, and smoked papika. In a separate bowl whisk together milk, 2 tablespoons melted butter and beaten eggs.
- ☐ Whisk the wet ingredients into the dry ingredients until a smooth lumpless batter forms.
- ☐ In a large non-stick skillet melt the remaining butter.
- ☐ Add batter to pan by the scant 1/4 cup to form small pancakes. Cook until bubbles begin to form on surface, about 2 minutes. Flip and cook until second side is browned, about 2 minutes longer.
- ☐ Place cooked pancakes on a rack set in a rimmed baking sheet in the oven and repeat with remaining batter.
- ☐ Once all the pancakes are cooked wipe out the non-stick skillet and place it back over medium high heat with remaining teaspoon vegetable oil. When the oil is shimmering add the bacon fat side down and cook until the fat has crisped, about 4 minutes. Slice the bacon and place on a platter with the pancakes. Spoon a tablespoon of the reserved cooking liquid over the bacon and garnish with scallions and chili sauce.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:111.02, Glycemic Load:21.66, Inflammation Score:-9, Nutrition Score:22.670434785926%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg, Quercetin: 8.76mg

Nutrients (% of daily need)

Calories: 921.48kcal (46.07%), Fat: 71.99g (110.76%), Saturated Fat: 26.49g (165.54%), Carbohydrates: 39.23g (13.08%), Net Carbohydrates: 36.93g (13.43%), Sugar: 8.16g (9.07%), Cholesterol: 203.46mg (67.82%), Sodium:

1963.11mg (85.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.6%), Selenium: 47.19µg (67.42%), Vitamin B3: 9.91mg (49.56%), Vitamin B1: 0.7mg (46.76%), Phosphorus: 438.84mg (43.88%), Vitamin B2: 0.52mg (30.43%), Vitamin B6: 0.56mg (27.79%), Vitamin A: 1142.43IU (22.85%), Calcium: 227.56mg (22.76%), Vitamin B12: 1.32µg (21.95%), Folate: 80.67µg (20.17%), Iron: 3.55mg (19.74%), Potassium: 665.38mg (19.01%), Vitamin K: 18.81µg (17.92%), Zinc: 2.68mg (17.88%), Manganese: 0.33mg (16.64%), Vitamin B5: 1.53mg (15.26%), Copper: 0.24mg (11.83%), Vitamin E: 1.74mg (11.59%), Magnesium: 43.43mg (10.86%), Vitamin D: 1.51µg (10.07%), Fiber: 2.29g (9.17%), Vitamin C: 6.5mg (7.88%)