

Lamb Bacon



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon pepper black freshly ground
- 4 servings fries
- 3 tablespoons t brown sugar dark packed ()
- 4 bay leaves dried crushed
- 5 tablespoons kosher salt
- 1.5 pound lamb loins boneless with silver skin intact
- 2 teaspoons pink salt

Equipment

- bowl
- paper towels
- oven
- baking pan
- kitchen thermometer

Directions

- Combine the salts, brown sugar, bay leaves, and pepper in a bowl and transfer to a large plate or a baking dish. Dredge the lamb breast in the rub and massage it into the surface of the lamb. (You'll probably have some rub left over.) Shake off any excess rub and let the meat sit, covered, in the refrigerator for 5 days, turning the lamb over once a day.
- Rinse the lamb breast thoroughly, pat it dry with paper towels, and allow it to sit uncovered in the refrigerator overnight.
- Cook the lamb bacon: Soak the wood chips in water for 30 minutes, then drain and then pat dry. Prepare your smoker. When the temperature inside the smoker has reached 200°F and the wood chips are smoking steadily, add the lamb, and let smoke. Maintain the temperature at 200°F at least until a thermometer inserted into the center of the meat reads 160°F. This will take about 2 hours, but we recommend smoking for 3, as longer cooking enhances the quality of the bacon. Allow the bacon to cool completely in the fridge and store, wrapped, for up to 1 month.
- Tip: The size of lamb breasts can vary quite a bit, so be sure to buy yours deboned or boneless. A bone-in breast will lose 30 to 35 percent of its weight upon deboning.
- If you'd prefer to use an oven, preheat to 200°F and cook for 3 hours.
- Noah and Rae Bernamoff opened Brooklyn's Mile End Delicatessen in 201
- The New York Times dubbed it "a loving tribute to the deli tradition," and Zagat and New York magazine voted it New York's best deli. Originally from Montreal and New York, respectively, Noah and Rae now live in Park Slope.

Nutrition Facts

  

 PROTEIN 22.06%  FAT 70.03%  CARBS 7.91%

Properties

Glycemic Index:24.08, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:16.256521744573%

Nutrients (% of daily need)

Calories: 520.55kcal (26.03%), Fat: 40.03g (61.58%), Saturated Fat: 17.4g (108.76%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 9.71g (3.53%), Sugar: 8.74g (9.71%), Cholesterol: 124.17mg (41.39%), Sodium: 9991.39mg (434.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.37g (56.74%), Vitamin B12: 3.93µg (65.49%), Vitamin B3: 10.19mg (50.95%), Selenium: 32.19µg (45.99%), Zinc: 5.85mg (39.02%), Phosphorus: 270.67mg (27.07%), Vitamin B2: 0.36mg (21.21%), Iron: 2.99mg (16.59%), Manganese: 0.27mg (13.27%), Vitamin B1: 0.19mg (12.63%), Potassium: 416.39mg (11.9%), Vitamin B6: 0.23mg (11.64%), Vitamin B5: 1.14mg (11.44%), Copper: 0.2mg (10.22%), Magnesium: 39.65mg (9.91%), Vitamin K: 8.58µg (8.17%), Folate: 31.36µg (7.84%), Calcium: 48.37mg (4.84%), Vitamin E: 0.36mg (2.37%), Fiber: 0.45g (1.8%), Vitamin D: 0.17µg (1.13%)