



Loin of bacon with colcannon butter sauce

READY IN



120 min.

SERVINGS



4

CALORIES



970 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tbsp clear honey
- ☐ 8 cherry tomatoes
- ☐ 4 servings parsley chopped
- ☐ 2 leeks white green trimmed finely sliced
- ☐ 1 small knob butter
- ☐ 3 potatoes boiled mashed
- ☐ 1 tbsp flour plain
- ☐ 3 tbsp double cream
- ☐ 1 medium egg yolk

- ☐ 50 g butter
- ☐ 5 savoy cabbages leaves shredded finely
- ☐ 1 small potatoes diced finely
- ☐ 4 tbsp white wine
- ☐ 200 ml double cream
- ☐ 900 g rindless whole

Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Place the bacon in one tier of a steamer, cover and steam for 45 mins, then allow to cool. Once cooled, slice into 4 thick chops and set aside.
- ☐ To make the potato cakes, fry the dark green part of the leek in a little butter, and mix well with the potato, flour, cream and egg yolk, then mould into four small round discs. Set aside until ready to serve.
- ☐ To make the sauce, melt half the butter in a pan and add the cabbage and potato. Cook slowly for 5 mins, then pour in the white wine and reduce by half.
- ☐ Add the cream and reduce by half. Season and remove from the heat. Stir the rest of the butter into the sauce and keep warm until ready to serve.
- ☐ When ready to serve, heat oven to 220C/fan 200C/gas
- ☐ Lay the bacon on a roasting tray and brush with the honey. Roast for 10–15 mins, until the honey caramelises, brushing the chops with the sticky juices halfway through. Sweat the remaining white part of the leeks and tomatoes in some butter for 3 mins, then season. Fry the potato cakes in the remaining butter for 2 mins on each side. To serve, place a potato cake on each plate with a spoonful of leek and cherry tomatoes.
- ☐ Lay a bacon chop over the top, drizzle the sauce on the plate, scatter over a little chopped parsley and serve.

Nutrition Facts



Properties

Glycemic Index:126.44, Glycemic Load:35.82, Inflammation Score:-10, Nutrition Score:47.966086968132%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.83mg, Apigenin: 8.83mg, Apigenin: 8.83mg, Apigenin: 8.83mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg, Kaempferol: 3.11mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 969.81kcal (48.49%), Fat: 53.92g (82.96%), Saturated Fat: 28.79g (179.95%), Carbohydrates: 65.6g (21.87%), Net Carbohydrates: 58.97g (21.44%), Sugar: 19.79g (21.99%), Cholesterol: 268.81mg (89.6%), Sodium: 2203.74mg (95.81%), Alcohol: 1.54g (100%), Alcohol %: 0.3% (100%), Protein: 55.1g (110.2%), Vitamin B1: 1.95mg (130.1%), Vitamin K: 115.26µg (109.77%), Selenium: 63.07µg (90.09%), Vitamin B6: 1.72mg (85.76%), Vitamin B3: 16.85mg (84.23%), Vitamin C: 68mg (82.43%), Phosphorus: 764.91mg (76.49%), Vitamin A: 2962.3IU (59.25%), Potassium: 1959.33mg (55.98%), Vitamin D: 7.53µg (50.19%), Vitamin B2: 0.65mg (38.15%), Manganese: 0.72mg (35.87%), Magnesium: 117.8mg (29.45%), Folate: 117.8µg (29.45%), Vitamin B12: 1.72µg (28.73%), Zinc: 4.27mg (28.48%), Iron: 5.02mg (27.9%), Fiber: 6.63g (26.53%), Vitamin B5: 2.28mg (22.84%), Copper: 0.44mg (22.12%), Vitamin E: 2.27mg (15.13%), Calcium: 141.55mg (14.15%)