



Pancetta Bacon Pasta

READY IN



10100 min.

SERVINGS



5

CALORIES



2704 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 5 small bay leaves crumbled
- 2.5 tablespoons brown sugar
- 1 tablespoon ghee
- 5 servings soup noodles cooked for serving
- 5 sprigs thyme leaves fresh
- 1 teaspoon garlic diced finely
- 2 tablespoons garlic fresh pureed
- 0.3 teaspoon ground allspice
- 1 teaspoon ground nutmeg

- 0.3 teaspoon ground pepper white
- 1 tablespoon ground pepper white for dusting plus more
- 4 tablespoons ground pepper black
- 5 ounces heavy cream
- 2 tablespoons juniper berries
- 2 ounces kosher salt
- 0.3 cup parmesan finely grated plus more for serving
- 2 teaspoons pink salt
- 5 pounds pork belly fresh
- 0.3 teaspoon salt
- 1 tablespoon thyme leaves dried
- 0.3 cup white wine

Equipment

- bowl
- frying pan
- paper towels
- cheesecloth

Directions

- Watch how to make this recipe.
- Heat the butter in a large saute pan.
- Add the Pancetta and saute until slightly brown.
- Add the garlic, saute briefly, and then deglaze with the wine. Reduce the wine by half, and then add the heavy cream. Reduce this by one third, and then toss in your cooked pasta.
- Heat the pasta through and add the Parmesan, white pepper, and salt and toss.
- Pour into bowls and add more Parmesan cheese (as much as you like).
- Ask your butcher for a 5 pound, nice square piece of pork belly (skinless) that will fit into a 2-gallon zip-top bag.

- Pat the belly with paper towels to dry.
- Mix together all the spices. Wearing plastic gloves, rub the cure mixture into both sides of the belly.
- Place in a 2-gallon zip-top bag, put on a sheet pan, and refrigerate. Every day for 1 week, turn the bag over and massage the belly (through the bag) to ensure saturation. The pork will take on a slightly darker color than what it was. This is a sign that the cure is working. It will also draw some moisture out of the belly. When the meat is darker and firmer, remove the belly from the bag and run under water to remove any cure sediment. Pat dry and lightly cover with a dusting of ground white pepper.
- Roll the belly very tightly into a log and wrap tightly with cheesecloth. Tie the end and hang in a 34 to 38 degree F refrigerator for at least 2 weeks. At this time the bacon should be fully cured and have a good firmness when squeezed.

Nutrition Facts



Properties

Glycemic Index:71.5, Glycemic Load:13.22, Inflammation Score:-9, Nutrition Score:34.966087320577%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 2703.59kcal (135.18%), Fat: 257.12g (395.57%), Saturated Fat: 97.23g (607.66%), Carbohydrates: 41.66g (13.89%), Net Carbohydrates: 37.98g (13.81%), Sugar: 7.46g (8.29%), Cholesterol: 369.7mg (123.23%), Sodium: 5679.7mg (246.94%), Alcohol: 1.24g (100%), Alcohol %: 0.25% (100%), Protein: 51.22g (102.44%), Vitamin B1: 1.84mg (122.48%), Vitamin B3: 21.61mg (108.04%), Selenium: 61.63µg (88.05%), Vitamin B2: 1.21mg (71.36%), Vitamin B12: 3.92µg (65.26%), Phosphorus: 612.38mg (61.24%), Manganese: 1.14mg (56.91%), Zinc: 5.47mg (36.47%), Vitamin B6: 0.73mg (36.39%), Potassium: 1023.42mg (29.24%), Iron: 4.86mg (27.02%), Copper: 0.44mg (22.02%), Calcium: 160.04mg (16%), Fiber: 3.68g (14.74%), Vitamin B5: 1.46mg (14.64%), Vitamin E: 2.14mg (14.3%), Magnesium:

54.84mg (13.71%), Vitamin A: 648.9IU (12.98%), Vitamin K: 8.96µg (8.54%), Vitamin C: 6.97mg (8.45%), Folate:
14.83µg (3.71%), Vitamin D: 0.48µg (3.19%)