

# LearnLowCarb.com Newsletter

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## Cowboy Bacon

Here's a great tip ~ it seems obvious once you have done it yourself, but I was amazed the first time I saw anyone employ this very quick and simple method of cooking bacon.



While on vacation once in South Dakota (if you haven't been there yet, GO!) we took our kids on an early morning horse ride that included breakfast cooked over an open fire on the trail. The cowboy who was assigned to be our guide was stereotypically delightful - gray, grizzled, rustic, talkative, and extremely charming. Coffee was cowboy coffee, with the grounds boiled right in the water, with a pinch of salt to help make

them stay on the bottom when pouring. This stuff was incredibly delicious, even though I had rather expected the opposite, since there are few worse ways to start a day than with a mouthful of coffee grounds...

Once everyone had a cup of coffee or juice and had pulled up a comfy rock, he stirred the coals, flopped a beautifully seasoned cast iron pan right on top of the pile of bare coals, then plopped in one big hunk of sliced bacon, all still in one piece, not yet separated into slices.

I tried not to look horrified at this point, but am not sure I succeeded. Much to my surprise, in just a moment or two, he easily separated the pieces with what seemed to be a mere flick of his fork. The bacon then cooked up surprisingly quickly and uniformly in its own deep grease, in a much greater volume than I had ever managed at one time with all of my incessant and infernal fussing and turning ... so, to heck with the single layers of bacon after that!



Now when I go camping, I cook my bacon the same way Rusty did - but to do this at home with a little less mess, drop slices of bacon into a large cold pan set over medium heat, one at a time, but all willy-nilly in a jumble, and then cover the pan with a spatter screen. Just stir and turn over the mass occasionally, and in no time you'll have a large amount of delicious bacon with little to no fuss or mess.