

= The Bacon Cookbook =

The Bacon Cookbook : More than 150 Recipes from Around the World for Everyone 's Favorite Food is a cookbook on bacon by James Villas . It was published by Wiley in 2007 . Villas is a former food editor for Town & Country magazine , and The Bacon Cookbook is his 15th book on food . He notes on the book 's jacket that he was " beguiled by bacon since he was a boy . " He describes the appeal of bacon in the book 's preface , and in the introduction recounts the history of the product , as well as its variations from different locations internationally . Chapters are structured by type of recipe and food course , and in total the book includes 168 recipes .

The book received generally positive reception in book reviews and media sources , receiving praise in Publishers Weekly and Library Journal . In 2009 the National Pork Board highlighted recipes from the book for International Bacon Day . Chef Bobby Flay highlighted one recipe from The Bacon Cookbook , for " Bacon @-@ Wrapped Figs Stuffed With Almonds In Port " , as one of his favorites . AM New York , The Baltimore Sun , and the Star Tribune , recommended the book in articles on suggested gift @-@ giving ideas . The Independent highlighted the book as number 11 on a list of " The 50 Best Cookbooks " .

= = Content summary = =

In the preface to the book , Villas states that vegetarians and those that do not eat pork for religious reasons are " haunted instinctively by the sensuous , irresistible enticement " . He asserts , " There 's no one who doesn 't love bacon . It 's the greatest food God has ever created . " Villas asks , " Who , under any circumstances , is not rendered almost helpless by the tantalizing sound of bacon sizzling slowly in a skillet , by the taunting backwoods aroma that permeates the air ... ? " He notes that " the greatest and most beloved food on earth " is one of the worlds oldest forms of cooked meat . The author comments on the surge in interest in bacon products in the years prior to the book 's publication , " Just the 40 percent increase in bacon consumption in the United States over the past five years might have justified my writing this book . " The book includes photographs by Andrea Grablewski .

The introduction contains a guide to " the international world of bacon " , and Villas compares dishes Salt Pork and Pancetta ; and Paprikaspeck and Bauchspeck . The introduction also includes a list of places to receive mail @-@ order products . The book goes over the history of curing bacon , discussing the various international traditions . Smokehouses listed as resources in the book include Benton 's in Tennessee , Newsom 's in Kentucky , Edwards & Sons in Virginia , Nueske in Wisconsin , and Lazy H Smokehouse in Kirbyville , Texas . Villas instructs the reader in techniques of smoking bacon , how to buy and store it , and how to utilize bacon fat for cooking purposes .

Villas explains the derivation of the phrase " bring home the bacon " , writing , " An Old English tradition whereby a flitch , or side , of bacon was offered as a prize to any man who could swear before the church that for a year and a day he had neither quarreled with his wife nor wished himself single . " He recounts how the Chinese discovered methods of preserving pork bellies around 1500 B.C. By the first century A.D. , Romans had established a practice of breeding hogs for the production of bacon . During the Middle Ages , bacon and beans was considered a staple food for the poor . According to Villas , bacon was eaten aboard the Mayflower , and was a staple food product in the early American colonies . Villas describes how Oscar F. Mayer began to package sliced bacon for his customers during the 1920s . The author describes contemporary practices of utilizing old @-@ fashioned style curing and smoking methods by food manufacturers in the United States .

Chapters are structured according to each type of recipe , including main course , soup , and breads . 168 recipes from the United States and globally are included in the book . The author notes that bacon is not as bad nutritionally as had previously been thought . He compares the nutritional characteristics of two slices of cooked bacon to one pork hot dog , noting that the bacon contains approximately " 73 calories , 202 milligrams of sodium , 6 grams of fat and 11 milligrams of cholesterol " , while the hot dog has " 182 calories , 638 milligrams of sodium , 17 grams of fat and

29 milligrams of cholesterol " . " If health concerns sometimes make you feel guilty about loving bacon ... relax ... yes , it ? s high in sodium and fat , but if eaten in moderation or used as a flavoring agent ... it is a guilt free indulgence , " writes Villas . Breakfast dishes include French Cheese and Bacon souffle , and Bacon Scrapple . A recipe for BLT sandwich is included in the section on sandwiches , but the majority of Villas 's other sandwich recipes are more extreme , and include ingredients such as Jamaican smoked fish . Dishes that contain vegetables include Lima Bean and Bacon Casserole ; and Spanish Chicken , Bacon , Meatball and Chickpea Stew . For dessert , Villas includes six recipes such as bacon @-@ wrapped figs , and Bacon and Peanut Butter Chocolate Truffles , and Portuguese Egg and Bacon Pudding .

= = Background = =

James Villas is a former food editor for Town & Country magazine . The back flap of the book 's jacket notes that Villas was " beguiled by bacon since he was a boy . " Prior to The Bacon Cookbook , Villas had written other cookbooks including The Glory of Southern Cooking , My Mother 's Southern Kitchen , and Biscuit Bliss . The Bacon Cookbook is his 15th book on food . In the lead @-@ up to the 2009 International Bacon Day , Villas commented to Pork Magazine , " People are starting to realize that bacon is no longer just a breakfast staple . Bacon is , without a doubt , one of the most versatile and flavorful options in the grocery aisle . Most importantly , a little bacon goes a long way . A sprinkle can enhance not only the flavor , but also the aroma and appeal of nearly any dish . We ? re seeing chefs and home cooks add bacon to dishes you wouldn ? t expect , like popcorn or cookies , and take traditional tastes to another dimension . " Villas explained to Salon , " Bacon has the perfect balance of sweet , salty , smoky flavor , and the perfect balance of meaty and crispy texture . " Villas commented to CBS News that his book was part of a growing interest in bacon products , " We have a lot more conscientious producers today , you know , really turning out fresh great product like we 've got here in this store . I mean quality bacon . And America really should be out there searching for this stuff . And it 'll change your life . It will really change your life . "

= = Reception = =

A review in Publishers Weekly called the book an " exuberant parade of pork fat " , and commented , " there 's plenty good to be had in these pages " . Writing for Library Journal , Judith Sutton concluded , " There are , in fact , several other cookbooks devoted to bacon , including Sara Perry 's Everything Tastes Better with Bacon , but with its irresistible recipes and wealth of information and lore , Villas 's new title is recommended for most collections . " Amy Culbertson of the Fort Worth Star @-@ Telegram also compared the Villas 's work to another book on bacon , writing , " His is a more definitive cookbook than last year 's " Seduced by Bacon " by Joanna Pruess " . The book was highlighted in the " Holiday Cookbook Roundup : Gift Guide " column of The Austin Chronicle , where writer Mick Vann concluded , " This is one of the few cookbooks you 'll find where every single recipe makes you want to head straight for the stove , whether it 's a bacon , goat cheese , and sweet @-@ onion pie ; Russian borscht ; beef @-@ stuffed plantains ; or braised Japanese pork belly . For those fellow bacon lovers in our midst , Villas ' The Bacon Cookbook is required reading . " In honor of International Bacon Day in 2009 , the National Pork Board offered recipes from The Bacon Cookbook . Bonnie Stern of Financial Post recommended the book , and commented , " Few of us can resist the allure of sizzling , smokey , crispy bacon . Though not usually high on the list of foods that are considered good for you , if you don 't eat it often , you can have your bacon and eat it , too . If you want to know all about bacon , have a look at The Bacon Cookbook by James Villas " .

Chef Bobby Flay highlighted the recipe from The Bacon Cookbook for " Bacon @-@ Wrapped Figs Stuffed With Almonds In Port " as one of his favorites . Jonathan Cheung , co @-@ owner of the cookbook store Bon Appétit in Montreal , Canada , recommended the book to his customers when they asked for books on cooking with pork products . AM New York highlighted the book among its

recommendations of " Best cookbooks to give as gifts " , noting that the author , " presents a mouthwatering array of recipes to nudge the pork lover . " Writing for The Advocate , Cheramie Sonnier commented , " James Villas comes through once again with a cookbook that is sure to please cooks who love both classic comfort foods and exotic new dishes . " The San Jose Mercury News noted that Villas " turns his meticulous eye to the cured pork product " in the book , which includes " recipes featuring bacon in every imaginable way " . The Winston @-@ Salem Journal observed , " His history of bacon , short and to the point , should be required reading for bacon lovers . " The Baltimore Sun highlighted the book in an article " Gifts to savor " , commenting that " James Villas covers everything about this trendy ingredient " . Marialisa Calta of The Douglas Daily Dispatch wrote , " in the unusual @-@ but @-@ oddly @-@ compelling @-@ single @-@ subject @-@ cookbook category , props go to ? The Bacon Cookbook ? by James Villas " . Writing for the Star Tribune , Lee Svitak Dean recommended the book as a holiday gift for cooks , commenting , " It 's all here , from guacamole and bacon canapés to New England apple and bacon griddlecakes and German fennel and bacon soup . " " No publishing season is complete without a bacon book , " wrote Kristen Browning @-@ Blas of The Denver Post , who noted that Joanna Pruess 's Seduced by Bacon was released the previous year . The New York Daily News noted that the book " includes an introductory primer on the many wondrous bacon varieties along with easy @-@ to @-@ follow instruction for more than 150 international dishes , from guacamole with bacon to bacon @-@ duck stew . " The Independent highlighted the book as number 11 on a list of " The 50 Best Cookbooks " , commenting , " Bacon is a standard choice for many a simple supper , but there is nothing standard about Villas 's book . The irresistible smell of bacon oozes from the pages , as Villas shows the versatility of bacon , even bacon desserts ? for example , bacon and peanut butter chocolate truffles . Vegetarians beware ; these dishes could prove too tempting . "