

= Bacon Explosion =

A Bacon Explosion is a pork dish that consists of bacon wrapped around a filling of spiced sausage and crumbled bacon . The American @-@ football @-@ sized dish is smoked or baked . It became widely known after being posted on the BBQ Addicts blog , and quickly spread to the mainstream press with numerous stories discussing the dish . In time , the articles began to discuss the Internet " buzz " itself .

The Bacon Explosion is made of bacon , sausage , barbecue sauce and barbecue seasoning or rub . The bacon is assembled in a weave to hold the sausage , sauce and crumbled bacon . Once rolled , the Bacon Explosion is cooked , basted , cut and served . The Bacon Explosion 's creators produced a cookbook featuring the recipes which ultimately won the 2010 Gourmand World Cookbook Awards for " Best Barbecue Book in the World " . The Bacon Explosion also won at the 2013 Blue Ribbon Bacon Festival .

= History and origin =

Jason Day and Aaron Chronister posted the dish in December 2008 on their " BBQ Addicts " blog . It quickly became an Internet phenomenon , generating more than 500 @,@ 000 hits and 16 @,@ 000 links to the blog , and was even included on political blogs because " Republicans like meat . " There are fan clubs and follow @-@ up videos of various attempts to create the dish .

The inventors are experienced barbecue competition participants from Kansas City , and compete in cook @-@ offs as the Burnt Finger BBQ team . According to the Telegraph , " They came up with the delicacy after being challenged on Twitter to create the ultimate bacon recipe . " They christened their innovation the " Bacon Explosion : The BBQ Sausage Recipe of all Recipes . " The Bacon Explosion is similar to a number of previously published recipes . Day and Chronister do not claim to have invented the concept , but assert the term " Bacon Explosion " as a trademark .

= Preparation =

Preparing a Bacon Explosion " requires the minimum of culinary talent " and the ingredient list is short . It is made from 2 pounds (910 g) of thick cut bacon , 2 pounds of Italian sausage , one jar of barbecue sauce , and one jar of barbecue rub / seasoning . The Bacon Explosion is constructed by weaving the bacon together to serve as a base . The base is seasoned and followed by the layering of sausage meat and crumbled bacon . Barbecue sauce and more seasoning is added before rolling it into a giant " sausage @-@ shaped monster " inside aluminum foil . It takes about an hour per inch of thickness to cook and is then basted with more barbecue sauce , sliced into rounds , and served . A prepared Bacon Explosion contains at least 5 @,@ 000 calories (21 @,@ 000 J) and 18 ounces (500 g) of fat , though a smaller 8 @-@ ounce portion contains 878 calories (3 @,@ 670 J) and 2 ounces (60 g) of fat .

Preparation and result

= Recognition =

The popularity of the recipe has led to international coverage ; including the US and the UK , German and Dutch media . The Daily Telegraph assessed that the " recipe is most popular on the web " and that the " 5 @,@ 000 calorie barbeque dish has become one of the most popular meal ideas in the world . " Commentary in major publications about the health / obesity of Americans quickly suggested dishes like Bacon Explosion as the reason for " Why Americans are fat " , while another asserted that it isn 't something a doctor would recommend . It has also been cited as an example of the use of Web 2 @.@ 0 technology (Chronister is an Internet marketer) .

Day and Chronister were reported to have " landed a six @-@ figure book deal " for their book BBQ Makes Everything Better . The book , containing the recipe , became the US winner in the 2010 Gourmand World Cookbook Awards in the " Best Barbecue Book " category . The 2010 US winner

The Essential New York Times Cookbook : Classic Recipes for a New Century by Amanda Hesser also contained the recipe for the Bacon Explosion . BBQ Makes Everything Better went on to win the " Best Barbecue Book in the World " category by the judges of the 2010 Gourmand World Cookbook Awards , and remained as the sole entry from an American . The Bacon Explosion won " Savory Dish " at the 2013 Blue Ribbon Bacon Festival which secured an entry in the Bacon World Championships .