



## Build A Better BLT With Duck Bacon

(NAPSA)—If traditional BLTs ever leave you feeling bored, consider this: Adding duck bacon can liven up your sandwich and excite your taste buds. Duck bacon is a lean and tasty alternative to standard pork bacon.

This versatile recipe uses savory duck bacon for a new take on an old classic that can be whipped up for a quick meal and easily multiplied to feed a crowd.

### New American BLT with Duck Bacon

recipe by Chef Matthew Nolot

Total Time: 25 minutes

Makes 1 large sandwich

- 4 slices heirloom tomato
- 3–4 rings red onion, thinly sliced
- 1 teaspoon olive oil
- ¼ teaspoon rice vinegar
- ¼ teaspoon fresh parsley, chopped
- 3 slices Maple Leaf Farms Duck Bacon
- 1 tablespoon brown sugar
- 2 tablespoons bourbon
- 2 slices thick rustic bread, toasted
- 1 tablespoon mayonnaise
- 3–4 leaves Limestone Bibb lettuce
- 1 teaspoon unsalted butter
- 1 large egg
- pinch sea salt
- pinch black pepper

In a small mixing bowl, gently toss the heirloom tomato slices and red onion rings with the olive oil, rice vinegar and chopped parsley. Season tomatoes generously with sea salt and black pepper and set aside. In a skillet, cook the duck bacon over medium heat, turning until crisp. Transfer to a plate and return skillet with any grease to the stove. Add the brown sugar and bourbon to the skillet and cook over low heat until mixture starts to thicken. Add the cooked duck bacon to the syrup and continue to cook for 30 seconds until thoroughly coated. Place duck bacon on a plate and set aside. Spread the mayonnaise on one piece of toast, then top with the duck bacon, tomato



Duck bacon adds delicious new flavor to the traditional BLT.

salad and Limestone Bibb lettuce. In a small, nonstick skillet, melt the butter and add the egg. Fry the egg over medium-high heat, turning once, until it starts to crisp around the edges; the yolk should still be runny. Slide the egg on top of the lettuce; sprinkle egg with sea salt and black pepper; close the sandwich and eat immediately.

### Why Duck Bacon?

If you've been wondering: Why duck? You should know this tasty protein is an excellent complement to eggs, sandwiches, mac and cheese, even baked goods for a sweet and savory snack. It's easy to turn classic dishes to gourmet simply by including duck bacon. Plus, when you're looking for a healthier bacon, duck bacon can fill the bill.

Chef Matthew Nolot of the farm-to-fork restaurant Tolon in Ft. Wayne, Indiana, says the flavor can be best described as "uniquely familiar—from smoky and sweet to salty and umami" and "wakes up any recipe you're bold enough to put it in."

Duck bacon from Maple Leaf Farms is made from boneless duck breast meat, thick sliced and naturally applewood-smoked for terrific flavor. It has 57 percent less fat and 26 percent less sodium than pork bacon. Plus, it doesn't compromise on texture like other poultry bacon.

### Where To Get It

You may find duck bacon in the meat case of gourmet grocery stores and retailers and online at [www.mapleleaffarms.com/duck-bacon](http://www.mapleleaffarms.com/duck-bacon).

### Learn More

For additional information, call (800) 348-2812.