

Bacon Jam – refrigerator or freezer only – NOT FOR CANNING

BACON JAM

PREP TIME: 10 MINS | COOK TIME: 1 HOUR | TOTAL TIME: 1 HOUR 10 MINUTES

YIELD: 2 CUPS



Made by slowly simmering bacon, onions, brown sugar, and spices until they become thick and jam-like. We love to serve it as an easy to make appetizer with cheese and crackers.

INGREDIENTS

- 1 lb. thick cut bacon
- 2 extra large sweet onions, quartered and thickly sliced
- 1/2 cup brown sugar (use coconut sugar for paleo)
- ½ cup water
- 1/3 cup strong brewed coffee
- 1 tablespoon balsamic vinegar

Nutrition Facts

Serving Size is 2 tablespoons
Serves 16

Amount Per Serving

Calories 156

% Daily Value*

Total Fat 11.3g 17%

Saturated Fat 3.8g

Cholesterol 18.7mg 6%

Sodium 194.2mg 8%

Total Carbohydrate 9.7g 3%

Dietary Fiber 0.6g 2%

Sugars 7.9g

Protein 4.1g 8%

Vitamin A 0% Vitamin C 5%

Calcium 2% Iron 2%

INSTRUCTIONS

Cut the bacon into half-inch slices and add them to a large frying pan. Don't worry if the bacon pieces stick together, they will come apart as they cook. Cook over medium-high heat for about 10 minutes, stirring frequently until the bacon is cooked but still quite chewy. A few crispy bit are ok. Use a slotted spoon to remove the bacon from the pan.

Pour out all but 1 tablespoon of the bacon drippings. Add the onions to the pan and cook for about 8-10 minutes then reduce the heat to low. Add the sugar and stir. Continue to cook until the onions have caramelized, about 20 minutes.

Add the reserved bacon, coffee, and water and increase the heat to medium. Continue to cook, stirring about every five minutes, until the onions are thick and jam-like, about 30 minutes. Remove from heat and stir through the balsamic. Taste for seasoning and salt if necessary.

Use immediately or refrigerate for up to a week. Bring back to room temperature before serving. There will be

little spots of white fat when you take it out of the fridge. As the jam comes to room temperature, these will disappear.

<https://www.theendlessmeal.com/the-best-bacon-jam/print/25283/>