

# Know your Meats!

## Back Bacon

A Saint Patrick's Day Favourite  
from your Local Craft Butcher



One of our nations favourite meats, back bacon is a cut of cured bacon sliced to include both the pork loin from the back and a bit of pork belly in the same cut.

### Bacon & Cabbage

No bacon and cabbage meal is complete without parsley sauce. Here is our super easy recipe to make your own.

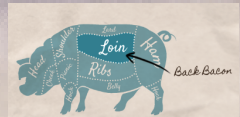
#### Ingredients:

- Flour (big spoon)
- Butter (big spoon)
- Milk
- Salt (a good bit)
- Parsley (a bunch finely chopped)

← Parsley  
sauce

#### Method:

- Melt butter, add flour, mix, add 2 teaspoons of salt
- Add milk until a creamy consistency is achieved then add the Parsley.



### Did you know...

Parsley isn't just a pretty garnish. It can be used to effectively treat bad breath. Parsley is rich in chlorophyll to neutralise bad breath.



Seriously good!

### Orange & Apricot Glaze

Twenty minutes before the end of cooking time, spoon over this simple glaze.

Heat a tbsp fresh orange juice, 4tbsp apricot jam and a pinch of ground ginger in a pan for 5 minutes then glaze.