



HARRINGTON'S
TASTY RECIPES



Harrington's Streaky Bacon BLT

The Bacon Lettuce and Tomato sandwich first appeared in the 1903 Good Housekeeping Everyday Cook Book. Some food historians say that there's evidence the famous sandwich graced tables as early as the 1700's. The bacon can be well-cooked or tender, it all depends on your preference. It 'carries' the other flavours, and is the hero of the sandwich. So always use top quality Harrington's Streaky Bacon, it's hand-crafted and 100% New Zealand.

Equipment

- Heavy frying pan (preferably cast iron)

Ingredients

- Harrington's Streaky Bacon 250g
- Small amount of soya oil
- Beefsteak tomato sliced
- Iceberg lettuce
- Sliced cheese (preferably Jarlsberg)
- Garlic aioli
- 4 slices of fresh sour dough bread

Directions

1. Heat the frying pan on a medium heat for 2-3 minutes with a small amount of soya oil then fry the bacon until the skin starts to crackle and the flesh is slightly crispy (This will take 3-4 minutes). Remove from the pan and place on a handy towel in two stacks with a slice of cheese on top of each stack and keep warm.
2. Spread the aioli on one side of each slice of bread, and then place a lettuce leaf and sliced tomato on two of the slices of bread.
3. Add the bacon and cheese to the sandwich and place the remaining slices of bread on top with the Aioli side down.
4. Serve and enjoy.