

THE BPT

I dunno... I was screwing around with something and the thought for this entered my head kinda sneakily. Then one day I had some tomatoes that I needed to use and I had picked up some bell peppers from River Country Store earlier that day. And, oh yeah! I HAD BACON!!! I made a batch of low and slow bacon for some other stuff earlier in the week. For some reason, I made the decision not to use cheese to make it more challenging

I suppose I should say what BPT stands for: **B**acon **P**epper **T**omato. Kinda like a BLT but with bell pepper (in this case red bell pepper). I like this one better, by the way. It also gave me another chance to use my salted rendered beef marrow (a work in progress)

INGREDIENTS

<u>Qty.</u>	<u>Unit</u>	<u>Item</u>
AR	-----	Low and Slow Bacon
1		Mediumish to Largish Red Bell Pepper
1	-----	Mediumish to Largish Beef Steak Tomato
2	Slices	Maier's Italian Bread (No Seeds)
7g	-----	Some Sort of Salted Fat

Bread... make sure you get the regular stuff and not the "light" stuff. I made that mistake once and it took me a while to figure out why the texture was so off

Some sort of salted fat... I am purposely keeping that general for now because I am working on a salted beef butter. However, one step in that process was to make salted bacon butter, which is what I am going to use today. I did try this with an early version of salted beef butter and that was VERY good. But you know what? Regular o' salted butter (I use Land o Lakes) should work just fine.

By the way, 7g should work out to ½ TBSP

SPECIAL TOOLS

- Chef's Press 13 oz Press [i]
- Serrated bread knife [v]

PREPARATION

- 1) Warm soften the salted fat without melting it. You want it to spread easily, but you don't want the emulsion to break [ii]
- 2) Heat a small non-stick on very low heat
- 3) Rinse and core the tomato. Slice as thin as possible and set aside in a Tupperware container [iii]
- 4) Rinse the bell pepper

- 5) Slice off the top and bottom as close to possible to the top and bottom
- 6) Remove the stem from the top and set the top and bottom aside in a Tupperware container.
- 7) Now I am going to try to explain these next steps, but I am not sure successful I will be, so here it goes
- 8) Set the pepper on its bottom and slice down one side of the pepper
- 9) Set the pepper on its side and gently roll out and slice the ribs and seeds out as you go
- 10) Discard the seeds and ribs
- 11) Score the flesh so the roll lays flat
- 12) Cut the roll to the size on your bread
- 13) Place the pepper and trimmings in the same Tupperware container with the top and bottom
- 14) Once the pan is heated and the salted fat softened, spread salted fat on one side of each piece of bread
- 15) Place one piece of bread salted fat side down
- 16) Place the bacon on the bread, followed by slices of tomato, followed by the pepper roll
- 17) Place the second piece of bread on top, salted fat side up
- 18) Place the sandwich in the non-stick pan
- 19) Place the Chef's Press on top to apply as even pressure as possible and cover with heat dome
- 20) Set time for 5 minutes
- 21) Place the leftover peppers and tomatoes in the fridge for future use... Or make more sandwiches
- 22) At the end of 5 minutes, remove the heat dome and place a plate over the top of the pan
- 23) Flip the sandwich onto the plate then slide the sandwich back into the pan and recover with heat dome
- 24) Set timer for 5 minutes
- 25) At the end of 5 minutes, remove the heat dome and place a plate over the top of the pan
- 26) Flip the sandwich onto the plate then slide the sandwich back into the pan and recover with heat dome
- 27) Bump up the heat a tad
- 28) Cook and flip every 2 minutes until your desired level of brownness is reached [iv]
- 29) Slice the sandwich along the diagonal and plate
- 30) ENJOY!!!

CLOSING THOUGHTS

This was really, surprisingly good! I think it was with this one that decided to eye a sandwich series. More to come!

2022-01-30 (Sunday):

Can't really tell about the bacon butter. It browned nicely, but not sure about the taste; I could not really separate the bacon in the sandwich and the bacon butter. It sure did spread nicely though!

NOTES

- i. These things are brilliant and VERY handy for sandwiches. In this particular case, it applies just enough weight to keep the sandwich pressed down a little and in place. They come in two different weights, 8 oz and 13 oz and are designed so you can easily stack and stagger them. I think if you don't have these, maybe a small pot would work
- ii. If you are in a hurrey, go ahead and melt it in the microwave. I'm not sure I would be able to tell the difference
- iii. That reminds me... I need to sharpen my knives
- iv. If it seems to be taking too long, bump the heat up a tad
- v. A serrated bread knife is a must for cutting this sandwich. A regular chef's knife will not work. A regular ol' serrated steak knife should be able to do the job in a pinch

PICTURES













