



Bone Broth Grits with Candied Bacon

Yield: 8 Servings

Portion size: 1/2 C

Chef Name: Alysa Seeland

Amt	Unit (gm/oz)	Ingredient Name
16	oz	FOND Bone Broth Trolley Dodger
18	oz	Half and half (we use Millking)
4	Tb	Ghee (Vital Farms)
1/2	C	Cheddar cheese
8	slices	Hickory smoked bacon (we use Kielbassa)
1/2	C	pumpkin seeds (Go Raw sprouted organic pumpkin seeds)
1/2	C	Organic coconut sugar
	Garnish	Petite tomatoes, sliced avocado, over easy egg.
		If you must use grams...
16	oz	FOND Bone Broth Trolley Dodger
18	oz	Half and half (we use Millking)
56.7	G	Ghee (Vital Farms)
50	G	Cheddar cheese
112	G	Hickory smoked bacon (we use 8 slices Kielbassa)
59.5	G	pumpkin seeds (Go Raw sprouted organic pumpkin seeds)
96	G	Organic coconut sugar

PROCEDURES:

- Bring the bone broth, the heavy cream, the ghee, the cheese and the grits to a bubble and reduce the heat to low. Let them cook for 30 minutes, stirring occasionally.
- Cook the bacon at 405° for 10 minutes (5 minutes each side) the bacon should be undercooked at this point; this is on purpose. Allow the bacon to cool while you prepare the pumpkin and coconut sugar in a food processor. Mix thoroughly, it should be the consistency of sand.
- Place the pumpkin/sugar mixture in a shallow dish (pie pan) and dredge the cooled bacon in it. Place the coated bacon on a lined baking sheet and cook again for another 5 minutes or until the bacon has caramelized.
- We serve this with an over-easy egg, freshly sliced avocado and farm fresh tomatoes.