CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Bacon & Bourbon Cherry Jam

Energy-Dense Condiment & Flavor Layer

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What This Supports

Supports calorie density and flavor satisfaction.

Why It Works

Combines fats and natural sugars to increase palatability and energy intake.

Ingredients

Bacon and Bourbon Cherry Jam

Ingredients:

lb cherries

5 lb ground red meat (I chose venison)

strips bacon

/4 cup bourbon

tsp smoked paprika

tbsp butter

Directions

. Heat butter in a pan, add bacon and cook half way through.

. Add meat and cook most of the way through.

. Add cherries and simmer on low until cherries are soft (about half an hour).

. Add bourbon and continue to simmer until desired doneness (could be up to another 30-45 minutes).

. Remove from heat and add in smoked paprika and salt to taste.

Best Use

Use sparingly alongside proteins or breakfast meals.

Food Notes & Safety

Cook meats fully and simmer alcohol thoroughly.

Storage & Reheating

Refrigerate up to one week.