

# B.E.L.T

This “recipe” is for one sandwich, scale as needed : In the notes you’ll find my how-to for perfectly crispy bacon & a recipe for homemade mayo in under 2 min.

## Ingredient

- 1 Croissant (look, grab some from the local bakery if you can, but we got a big box from the bakery at Costco)
- a generous helping of homemade (or store bought) mayo
- 2.5 slices of cooked bacon\*
- 2 thick slices of heirloom tomato
- a handful of crunchy lettuce
- 1 egg, scrambled & folded
- optional: cheese melted over the egg

## Instructions:

- Slice croissant in half & toast — I use the broiler in my oven for this, just make sure you keep a close eye on it to prevent burning.
- Spread mayo on one or both sides of the croissant.
- Add the cooked egg (& optional cheese) , cooked bacon, tomato slices, & lettuce.

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## recipe notes:

- **This is the only way I cook bacon:** arrange a pack of bacon in a single layer on a large lined baking sheet, put in a cold oven & turn the heat to 375. Cook for about 20-25 minutes or until desired crispness (flipping bacon after 15 minutes) checking frequently to ensure it doesn't burn. Remove from oven & place bacon on a plate lined with a paper towel. Save your bacon grease to use for cooking other things.
- **Quick homemade mayo:** in a wide-mouth mason jar add 1 cup avocado oil, 1 large egg, 2 tsp lemon juice, & 1 tsp dijon mustard. Trap the yolk with the head of an immersion blender & blend on low speed for a count of 15-Mississippis. Then, gently move the blender up & down to emulsify the remaining oil for another 15-Mississippis. Taste for seasoning & adjust with pinches of sea salt. Refrigerate for an hour before using—mayo can be refrigerated for 5-7 days.

## what you learn from this recipe:

- Maybe you'll learn your new favorite way to cook bacon or make mayo, but I learned that my belly hurts after I eat croissants from Costco lol.