

Bacon and Baby Tomato Relish

Ingredients:

200g streaky bacon, chopped
2 cups baby tomatoes, halved
1 small red onion, finely diced (optional but adds sweetness)
2 cloves garlic, minced
1 tbsp balsamic vinegar (or apple cider vinegar)
1 tsp honey – just to balance the acidity
Salt & pepper to taste
Pinch of chili flakes (optional, for a bit of heat)
Dash of olive oil or bacon fat for cooking

Method:

1. Fry the bacon in a pan over medium heat until crispy. Remove and set aside, leaving a bit of the fat in the pan.
2. Add a dash of oil or extra bacon fat if needed, then sauté the onion (if using) until soft and lightly golden.
3. Stir in the garlic and cook for another minute until fragrant.
4. Add the halved baby tomatoes and cook until they start breaking down—about 10–12 minutes. Stir occasionally to stop sticking.
5. Return the crispy bacon to the pan.
6. Add the vinegar, honey (if using), chili flakes, and season with salt and pepper. Let it simmer gently for 3–5 more minutes until everything comes together in a glossy, chunky relish.
7. Let it cool slightly before serving—it's amazing warm or cold!

Serving Ideas:

Spoon over eggs, steak, or burgers

Add to cheese boards

Use as a topping for your [carnivore waffles](#) or [flatbread](#)

