



## Summer BBQ with Donald Russell and Spoilt Pig Review

Moving on to Spoilt Pig and their new "[Raised Without Antibiotics](#)" bacon. Why is this important? It's quite well known that the effectiveness of antibiotics is starting to wane as our bodies have become immune to them. It's time to consider not just the antibiotics we are prescribed but the way these drugs are used in farming. Widespread antibiotic use in the food chain can have a knock on effect to the consumer and, eventually, global health.

I think it's a really positive move by Spoilt Pig to tackle this issue. Importantly it's not just of benefit to us but also ensures higher standards of welfare for the pigs. I've always held the view that I would prefer the meat I eat to have had a happy life so this really fits with my ethos.

How does it taste though? One word, marvellous. I tried both the [smoked](#) and [unsmoked](#) varieties and both were delicious. The bacon looks appetising in the pack, the rashers are a decent thickness and the smoked bacon has just the right amount of smokiness to it. During the cooking process, it didn't lose loads of liquid like some bacon can or shrink to half its original size. I would have piled much more onto my BLT but had promised to save plenty for our Saturday morning bacon and mushroom sarnies!



We really have been a very spoilt and well-fed family this week.

For more information or to buy visit [www.donaldrussell.com](http://www.donaldrussell.com) and [www.spoiltpig.co.uk](http://www.spoiltpig.co.uk).