

Cuts of Bacon

- [Side bacon](#) comes from pork belly. It is very fatty with long layers of fat running parallel to the rind. This is the most common form of bacon in the United States. *Pancetta* is Italian side bacon, smoked or "aqua" (unsmoked), with a strong flavour.
- [Middle bacon](#), from the side of the animal, is intermediate in cost, fat content, and flavour between streaky bacon and back bacon.
- [Back bacon](#) (called Irish bacon/Rashers or Canadian bacon in the United States) comes from the loin in the middle of the back of the pig. It is a very lean, meaty cut of bacon, with less fat compared to other cuts. It has a ham-like texture. Most bacon consumed in the United Kingdom is back bacon.
- [Cottage bacon](#) is thinly sliced lean pork meat from a shoulder cut that is typically oval shaped and meaty. It is cured and then sliced into round pieces for baking or frying.
- [Jowl bacon](#) is cured and smoked cheeks of pork.
- [Slab bacon](#) typically has a medium to very high fraction of fat. It is made from the belly and side cuts, and from fatback.