



Country Pâté (Pâté de Campagne)

 Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 teaspoons allspice
- 12 ounces bacon finely chopped (8 to 10 slices) (for lining pan)
- 1 teaspoon pepper black freshly ground
- 20 servings sea salt
- 0.8 cup cognac
- 20 servings pickled cucumbers / gherkins
- 20 servings dijon mustard
- 2.5 teaspoons thyme dried

- 2 large eggs lightly beaten
- 3 garlic clove pressed
- 2.5 pounds ground pork
- 6 ounce ham steak
- 1 cup onion minced
- 2.5 teaspoons salt
- 3 tablespoons butter unsalted
- 0.3 cup whipping cream

Equipment

- bowl
- frying pan
- baking sheet
- oven
- loaf pan
- aluminum foil

Directions

- Set rack at lowest position in oven and preheat to 350°F. Boil
- Cognac until reduced to 1/2 cup, about 1 1/2 minutes. Cool.
- Melt butter in heavy medium skillet over medium heat.
- Add onion and sauté until soft and translucent but not brown, about 8 minutes.
- Combine ground pork and chopped bacon in large bowl. Using fork or fingertips, mix together until well blended.
- Add sautéed onion, garlic, 2 1/2 teaspoons salt, thyme, allspice, and pepper to bowl with pork mixture and stir until incorporated.
- Add eggs, cream, and reduced Cognac. Stir until well blended.
- Line 9x5x3-inch metal loaf pan with bacon slices, arranging 8 slices across width of pan and 3 slices on each short side of pan and overlapping pan on all sides. Using hands, lightly and evenly press half of meat mixture (about 3 1/4 cups) onto bottom of pan atop bacon slices. Arrange

ham stripover in single layer. Top with remaining meat mixture.

- Fold bacon slices over, covering pâté. Cover pan tightly with foil.
- Place pan in 13x9x2-inch metal bakingpan and transfer to oven.
- Pour boiling water into baking pan to come halfway up sides of loaf pan.
- Bake pâté until a thermometer inserted through foil into center registers 155°F, about 2 hours 15 minutes.
- Remove loaf pan from baking pan and transfer to rimmed baking sheet.
- Place heavy skillet or 2 to 3 heavy cans atop pâté to weigh down. Chill overnight. Do Ahead Can be made 4 days ahead.
- Place loaf pan with pâté in larger pan of hot water for about 3 minutes. Invert pâté onto platter; discard fat from platter and wipe clean.
- Cut pâté crosswise into 1/2-inch slices.
- * Tiny French pickles; available at specialty foods stores.

Nutrition Facts

PROTEIN 21.35% **FAT 75.99%** **CARBS 2.66%**

Properties

Glycemic Index: 7.55, Glycemic Load: 0.25, Inflammation Score: -3, Nutrition Score: 8.93521749455%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg, Quercetin: 1.63mg

Nutrients (% of daily need)

Calories: 294.93kcal (14.75%), Fat: 22.94g (35.3%), Saturated Fat: 9.02g (56.37%), Carbohydrates: 1.8g (0.6%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.56g (0.63%), Cholesterol: 83.47mg (27.82%), Sodium: 812.93mg (35.34%), Alcohol: 3.01g (100%), Alcohol %: 3.22% (100%), Protein: 14.5g (29.01%), Vitamin B1: 0.55mg (36.56%), Selenium: 22.18µg (31.69%), Vitamin B3: 3.64mg (18.18%), Phosphorus: 168.02mg (16.8%), Vitamin B6: 0.32mg (16.2%), Vitamin B2: 0.2mg (11.9%), Zinc: 1.76mg (11.75%), Vitamin B12: 0.6µg (10.06%), Potassium: 260.63mg (7.45%), Vitamin B5: 0.64mg (6.44%), Iron: 1.04mg (5.76%), Vitamin C: 4.05mg (4.91%), Magnesium: 19.36mg (4.84%), Manganese: 0.08mg (4.04%), Vitamin A: 159.82IU (3.2%), Vitamin K: 3.18µg (3.03%), Copper: 0.06mg (2.92%), Calcium: 24.95mg (2.5%), Folate: 8.05µg (2.01%), Fiber: 0.48g (1.91%), Vitamin D: 0.26µg (1.75%), Vitamin E: 0.24mg (1.61%)