

# Five Spice Pork Rillettes

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



465 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon five spice powder chinese
- 12 servings crusty baguette toasted
- 2 pounds pork shoulder boneless cut into 1 1/2-inch pieces
- 1 medium carrots finely chopped
- 0.3 cup sherry dry divided
- 5 flat parsley
- 3 garlic clove
- 1 tablespoon kosher salt divided

- 1 pound pork fatback salted skinless cut into 1/2-inch pieces (not )
- 5 spring onion halved finely chopped
- 1 bay leaves
- 2 cups water

## Equipment

- bowl
- oven
- pot
- sieve
- cheesecloth

## Directions

- Preheat oven to 325°F with rack in lower third.
- Mince and mash garlic with five-spice powder, 1 tablespoon kosher salt, and 1/2 tsp pepper. Rub onto pork and fatback in a 5-quart heavy pot. Wrap parsley, bay leaf, and halved scallions in cheesecloth and tie with string.
- Add to pot with pork, water, and 1/3 cup Sherry and bring to a boil. Cover and braise in oven until meat is very tender, about 3 hours.
- Boil carrot until crisp-tender, about 4 minutes. Stir in chopped scallion and cook 1 minute.
- Drain and cool slightly.
- Drain pork mixture in a large sieve set over a bowl, reserving liquid. Finely shred meat and lightly mash fatback with tines, transferring both to a bowl. Skim and reserve fat from liquid. Stir 1/2 cup liquid into meat with vegetables, remaining tablespoon Sherry and 1/2 teaspoon kosher salt, and 1/2 tsp pepper. Cool.
- Transfer to terrine, pressing lightly. Top with 1/4 inch of fat. Cool, then chill 8 hours.
- Serve at room temperature.
- Rillettes can be chilled up to 2 weeks.

## Nutrition Facts



■ PROTEIN 23.52% ■ FAT 47.38% ■ CARBS 29.1%

## Properties

Glycemic Index:19.38, Glycemic Load:21.47, Inflammation Score:-7, Nutrition Score:20.680000014927%

## Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg, Apigenin: 0.9mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 464.98kcal (23.25%), Fat: 23.89g (36.76%), Saturated Fat: 7.61g (47.57%), Carbohydrates: 33.01g (11%), Net Carbohydrates: 31.32g (11.39%), Sugar: 3.54g (3.93%), Cholesterol: 72.57mg (24.19%), Sodium: 1280.64mg (55.68%), Alcohol: 0.69g (100%), Alcohol %: 0.37% (100%), Protein: 26.69g (53.38%), Vitamin B1: 0.97mg (64.97%), Vitamin B3: 11.43mg (57.17%), Selenium: 36.73µg (52.47%), Vitamin B6: 0.71mg (35.69%), Vitamin B2: 0.6mg (35.5%), Phosphorus: 305.5mg (30.55%), Vitamin A: 951.67IU (19.03%), Vitamin K: 19.81µg (18.87%), Iron: 3.36mg (18.66%), Folate: 73.79µg (18.45%), Manganese: 0.36mg (18.1%), Zinc: 2.49mg (16.58%), Copper: 0.28mg (13.95%), Potassium: 483.92mg (13.83%), Vitamin B12: 0.77µg (12.91%), Vitamin B5: 1.17mg (11.7%), Magnesium: 46mg (11.5%), Calcium: 86.34mg (8.63%), Fiber: 1.7g (6.79%), Vitamin D: 0.72µg (4.79%), Vitamin E: 0.44mg (2.95%), Vitamin C: 2.1mg (2.55%)