



Graisserons



Gluten Free



Dairy Free

READY IN



220 min.

SERVINGS



6

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 4 ounces heart-shape paper punch trimmed
- ☐ 1 stick cloves
- ☐ 2 pounds duck confit legs
- ☐ 6 teaspoons kosher salt
- ☐ 0.5 goat meat
- ☐ 1 pound boston butt pork shoulder cut into 2-inch chunks
- ☐ 1 head garlic clove whole with the top 1/2 inch sliced off

Equipment

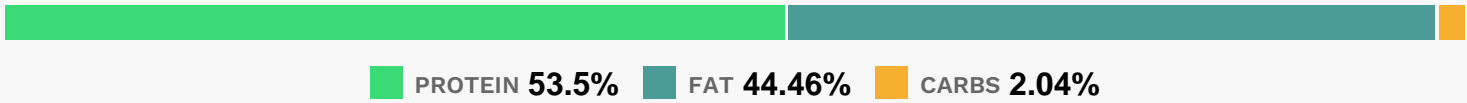
- ☐ bowl
- ☐ sauce pan
- ☐ mixing bowl
- ☐ pot
- ☐ ramekin
- ☐ wooden spoon
- ☐ canning jar

Directions

- ☐ Toss the meat with the salt and cover loosely. Refrigerate overnight.
- ☐ Rinse the meats and pat dry. Grind the pork through a medium plate (about 1/4 inch holes). Alternatively, mince the pork. Split the duck legs at the knee joints.
- ☐ Cut the gizzards into 1/2 inch segments.
- ☐ Place the pig's feet and duck legs in the saucepan.
- ☐ Add the minced or ground pork and the gizzards.
- ☐ Add the stock and fat. Bring the pot to a simmer and cook at a very low simmer until the meats are very tender, about 2 hours.
- ☐ Remove and bone out the duck legs (or, fish out the bones if meat has slipped off by itself.)
- ☐ Remove the bones from the pig's foot. Mince the trotter meat and set aside.
- ☐ Lift all the meats from the pot, including the minced trotter, and place in a large mixing bowl.
- ☐ Let the meat juices settle in the pot and then pour off all the fat into a separate bowl. There should be approximately 2 cups of gelatinous, salty stock.
- ☐ Use a wooden spoon to lightly knead the meats in the mixing bowl until you have a mash, more or less depending on your preference.
- ☐ Add the meat stock and mix thoroughly.
- ☐ Pack the graisserons in small canning jars or ramekins, pressing down so the meats are submerged in the stock. Cool completely, then seal the surface with a bit of the duck fat. Store in the refrigerator.

To serve, scrape the fat from the surface and slice the loaf as you would a pate, or scoop from the ramekin.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:0.43, Inflammation Score:-1, Nutrition Score:14.608260929585%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 344.79kcal (17.24%), Fat: 16.47g (25.33%), Saturated Fat: 4.62g (28.89%), Carbohydrates: 1.71g (0.57%), Net Carbohydrates: 1.54g (0.56%), Sugar: 0.05g (0.06%), Cholesterol: 185.32mg (61.77%), Sodium: 2516.92mg (109.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.58g (89.16%), Selenium: 47.18µg (67.39%), Vitamin B3: 11.41mg (57.07%), Vitamin B12: 2.04µg (34.02%), Vitamin B1: 0.47mg (31.62%), Vitamin B6: 0.44mg (22.21%), Iron: 3.75mg (20.83%), Vitamin B2: 0.34mg (20.03%), Phosphorus: 180.12mg (18.01%), Zinc: 1.94mg (12.96%), Vitamin B5: 1.01mg (10.14%), Manganese: 0.2mg (10.1%), Potassium: 302.25mg (8.64%), Copper: 0.14mg (7.06%), Magnesium: 20.25mg (5.06%), Vitamin C: 4.01mg (4.86%), Calcium: 30.37mg (3.04%)