



Hellraisin' Wild Boar-Wrapped Wild Boar

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN

ready

630 min.

SERVINGS

servings

10

CALORIES

calories

93 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons pepper black
- ☐ 1 pound boar bacon
- ☐ 4 tablespoons brown sugar
- ☐ 1 tablespoon cayenne pepper
- ☐ 0.5 tablespoon chili powder
- ☐ 1 loin
- ☐ 2 tablespoons mustard dry
- ☐ 1 tablespoons ground cumin

- ☐ 2 tablespoons paprika
- ☐ 2 tablespoons sea salt
- ☐ 10 servings toothpicks
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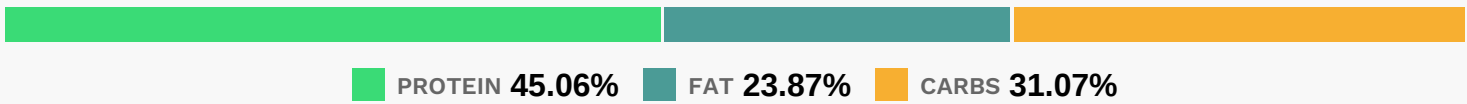
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ toothpicks
- ☐ grill
- ☐ tongs

Directions

- ☐ Add coals to one half of covered grill. Allow coals to burn and whiten, producing an even heat with no flame.
- ☐ Place all rub ingredients in bowl and mix. With slightly moistened boar shoulder in pan, pat rub (with dry hands) on non-fatty side of boar shoulder. Be sure to coat all surfaces liberally, even fat and folds. Boar is lean and dries easily in heat. Rub will act as a seal, locking in moisture. Turn shoulder fat side down and lay bacon strips lengthwise across non-fatty side, pinning them to the shoulder with toothpicks at center and ends, ensuring even coverage of the meat surface. Any remaining bacon can be added to the ends.
- ☐ Place shoulder on empty side of grill, bacon side up, and close cover. Cook until internal temperature of pork reaches at least 160 degrees F, roughly 10 hours, depending on size of shoulder. A slow-cooked, well-sealed shoulder should pull apart with tongs.

Nutrition Facts



Properties

Glycemic Index:8.4, Glycemic Load:0.25, Inflammation Score:-6, Nutrition Score:5.236956583417%

Nutrients (% of daily need)

Calories: 92.74kcal (4.64%), Fat: 2.52g (3.87%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 7.37g (2.46%), Net Carbohydrates: 6.07g (2.21%), Sugar: 5g (5.55%), Cholesterol: 0mg (0%), Sodium: 1405.72mg (61.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.69g (21.39%), Vitamin A: 1030.82IU (20.62%), Vitamin B1: 0.2mg (13.39%), Manganese: 0.25mg (12.65%), Selenium: 7.73µg (11.05%), Vitamin B3: 2.16mg (10.81%), Phosphorus: 78.29mg (7.83%), Iron: 1.09mg (6.08%), Vitamin E: 0.81mg (5.42%), Fiber: 1.3g (5.2%), Vitamin B2: 0.08mg (4.9%), Vitamin K: 4.02µg (3.83%), Magnesium: 13.74mg (3.44%), Vitamin B6: 0.06mg (3.21%), Calcium: 30.2mg (3.02%), Potassium: 93.47mg (2.67%), Copper: 0.05mg (2.47%), Zinc: 0.22mg (1.49%)