



My Boudin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds pork shoulder boneless cut into 1-inch cubes
- ☐ 1 teaspoon ground pepper
- ☐ 2 celery stalks chopped
- ☐ 1 teaspoon chili powder
- ☐ 7 cups rice white cooked
- ☐ 1 cup parsley fresh chopped
- ☐ 6 garlic clove coarsely chopped
- ☐ 1 tablespoon pepper black

- ☐ 1 tablespoon pepper white
- ☐ 3 medium jalapeno stemmed seeded chopped
- ☐ 4 tablespoons kosher salt
- ☐ 1 small onion chopped
- ☐ 1 medium poblano pepper stemmed seeded chopped
- ☐ 0.5 pound pork livers cut into 1-inch cubes
- ☐ 0.5 teaspoon salt
- ☐ 4 sausage rinsed
- ☐ 1 cup spring onion white green chopped (and parts)

Equipment

- ☐ bowl
- ☐ knife
- ☐ pot
- ☐ wooden spoon
- ☐ spatula
- ☐ meat grinder

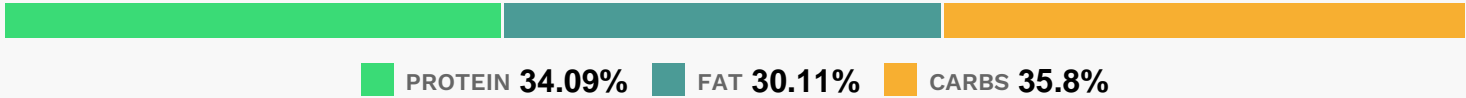
Directions

- ☐ Combine the pork, liver, vegetables, and seasonings in a bowl and marinate for 1 hour or overnight, covered, in the refrigerator.
- ☐ Place the marinated mixture in a large pot and cover the meat with water (by 1 to 2 inches). Bring the mixture to a boil, reduce the heat, and simmer until the meat is tender, about 1 hour and 45 minutes.
- ☐ Remove the pot from the heat and strain, reserving the liquid. Allow the mixture to cool slightly, then put the solids through a meat grinder set on coarse grind. (You can also chop with a knife if you don't have a meat grinder, which is what I usually do anyway.)
- ☐ Place the ground meat in a large bowl. Using a wooden spoon or rubber spatula, mix in the cooked rice, parsley, scallions, and the reserved cooking liquid. Stir vigorously for 5 minutes. When the boudin-rice mixture is first combined, it looks very wet and it's pretty spicy. Don't worry; after poaching, the rice absorbs the excess moisture and much of the spice. The wet

texture and extra spice ensure that your final boudin will be moist and full of flavor.

- ☐
- At this point you can feed the sausage into the casings. Poach the links gently in hot (not bubbling) water for about 10 minutes, then serve. Alternatively, you can use the mixture as a stuffing for chicken, or roll it into "boudin balls," dredge in bread crumbs, and fry in hot oil until golden brown.
- ☐
- To eat fresh, hot poached boudin, bite into the link and use your teeth and fingers to gently pull the meat out of its soft casing. (The casings are only eaten when the boudin is grilled or smoked and they become crisp.) You can also slice the boudin and tease the meat out with a fork, though utensils are not encouraged. Some locals eat boudin with a dab of Creole mustard, a drizzle of cane syrup, a French roll, or a few crackers. But most feel that it, like a few of life's other illicit pleasures, is best enjoyed in the heat of the moment, eaten straight from the wrapper, while sitting in one's car. This is not a region known for its pretension: It is fondly said that a Cajun seven-course meal is a pound of boudin and a six-pack of beer.
- ☐
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DONALD LINK is the chef-owner of Herbsaint and Cochon in New Orleans. He won the James Beard Best Chef South Region Award in 2007.
PAULA DISBROWE is the author of Cowgirl Cuisine and co-author of Susan Spicer's Crescent City Cooking. She lives in Austin, Texas.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:28.48, Inflammation Score:-10, Nutrition Score:35.289130604785%

Flavonoids

Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg, Isorhamnetin: 0.29mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 343.39kcal (17.17%), Fat: 11.22g (17.26%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 30g (10%), Net Carbohydrates: 28.46g (10.35%), Sugar: 0.97g (1.08%), Cholesterol: 122.65mg (40.88%), Sodium: 2669.23mg (116.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.57g (57.15%), Vitamin K: 102.12µg (97.25%), Vitamin B12: 5.81µg (96.87%), Vitamin A: 4816.48IU (96.33%), Vitamin B3: 12.11mg (60.57%), Vitamin B2: 0.99mg

(58.3%), Selenium: 36.79µg (52.55%), Vitamin B6: 0.93mg (46.54%), Vitamin B1: 0.66mg (44.06%), Iron: 6.28mg (34.91%), Manganese: 0.68mg (34.17%), Phosphorus: 321.26mg (32.13%), Vitamin C: 26.49mg (32.11%), Vitamin B5: 2.62mg (26.22%), Zinc: 3.79mg (25.28%), Copper: 0.31mg (15.67%), Potassium: 547.06mg (15.63%), Folate: 59.75µg (14.94%), Magnesium: 46.74mg (11.69%), Fiber: 1.54g (6.16%), Calcium: 43.45mg (4.35%), Vitamin E: 0.52mg (3.46%), Vitamin D: 0.37µg (2.46%)