



Pigs in Spicy Blankets

READY IN



135 min.

SERVINGS



16

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons chiles in adobo sauce canned (from a can of chipotle chiles in adobo)
- ☐ 3 tablespoons agave syrup
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 16 servings pepper black freshly ground
- ☐ 0.8 cup buttermilk
- ☐ 0.5 teaspoon caraway seeds
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon coriander seeds

- ☐ 1 tablespoon brown sugar dark packed
- ☐ 3 tablespoons dijon mustard
- ☐ 1 teaspoon sage dried
- ☐ 1 large eggs well beaten
- ☐ 1 teaspoon fennel seeds
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 2 teaspoons garlic minced
- ☐ 1.5 pounds ground pork
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 16 servings kosher salt and freshly cracked pepper black
- ☐ 2 tablespoons maple syrup
- ☐ 1.5 teaspoons ground mustard
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 1 teaspoon sea salt
- ☐ 1 cup mozzarella cheese shredded
- ☐ 4 tablespoons butter unsalted cold cut into 1/4-inch cubes
- ☐ 3 tablespoons mustard yellow

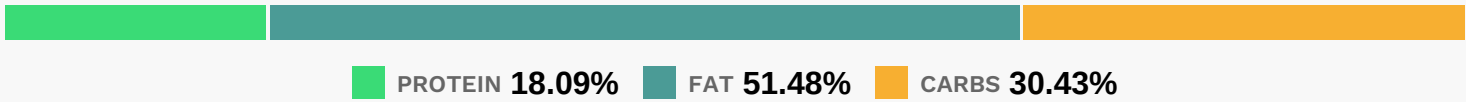
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ plastic wrap
- ☐ mortar and pestle

Directions

- ☐ Make the sausage: Toast the coriander, fennel and caraway seeds in a small skillet over high heat, stirring, until fragrant, 3 to 4 minutes. Cool completely, then grind with a mortar and pestle or a spice grinder.
- ☐ Add the garlic, sage, 1 teaspoon salt, 1 teaspoon black pepper and the red pepper flakes; grind to mix.
- ☐ Combine the spices with the ground pork in a bowl.
- ☐ Add the maple syrup and mix. Cover and refrigerate 30 minutes.
- ☐ Combine the flour, brown sugar, baking powder, Italian seasoning, mustard powder, baking soda, cayenne and sea salt in a food processor; pulse to combine.
- ☐ Add the butter and pulse 5 to 6 times (for 4 to 5 seconds each time), until the mixture resembles cornmeal.
- ☐ Add the mozzarella and pulse 3 to 4 times, until well combined.
- ☐ Add the buttermilk and process until a ball forms. Wrap in plastic wrap and refrigerate at least 30 minutes.
- ☐ Form the sausage mixture into 16 mini sausages, about 4 inches long (use about 2 tablespoons sausage for each).
- ☐ Heat a large nonstick skillet over medium-high heat. Cook the sausages in 2 batches until cooked through, 4 to 5 minutes per side. Cool on paper towels.
- ☐ Turn the dough out onto a floured surface.
- ☐ Sprinkle with flour, then gently pat out and roll into a 12-by-16-inch rectangle. Trim the edges to make them even.
- ☐ Cut the rectangle in half crosswise, then cut each half into four 3-by-8-inch strips.
- ☐ Cut each strip in half diagonally to form 16 long triangles.
- ☐ Transfer to a baking sheet, cover loosely with plastic wrap and refrigerate 15 minutes. Meanwhile, preheat the oven to 375 degrees F.
- ☐ Place 1 sausage on the wide end of a dough triangle and roll up. Repeat with the remaining dough and sausages. Arrange the pigs in blankets 2 inches apart on 2 parchment-lined baking sheets.
- ☐ Brush the tops with the beaten egg and bake until golden, about 15 minutes.
- ☐ Combine the agave, both mustards, the adobo sauce and a pinch of black pepper in a bowl.
- ☐ Serve the pigs in blankets with the mustard.

Nutrition Facts



Properties

Glycemic Index:27.47, Glycemic Load:10.11, Inflammation Score:-3, Nutrition Score:9.3191304362339%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 256.72kcal (12.84%), Fat: 14.61g (22.48%), Saturated Fat: 6.43g (40.2%), Carbohydrates: 19.43g (6.48%), Net Carbohydrates: 18.27g (6.65%), Sugar: 5.8g (6.44%), Cholesterol: 56.53mg (18.84%), Sodium: 609.06mg (26.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.55g (23.1%), Vitamin B1: 0.46mg (30.95%), Selenium: 20.87µg (29.82%), Vitamin B2: 0.28mg (16.41%), Phosphorus: 154.45mg (15.45%), Vitamin B3: 2.91mg (14.53%), Manganese: 0.25mg (12.41%), Calcium: 104.61mg (10.46%), Vitamin B6: 0.21mg (10.44%), Zinc: 1.43mg (9.56%), Vitamin B12: 0.54µg (9.05%), Folate: 36.03µg (9.01%), Iron: 1.58mg (8.79%), Potassium: 195.53mg (5.59%), Magnesium: 20.96mg (5.24%), Vitamin A: 253.46IU (5.07%), Vitamin B5: 0.48mg (4.83%), Fiber: 1.16g (4.64%), Vitamin K: 3.47µg (3.31%), Copper: 0.06mg (3.14%), Vitamin E: 0.32mg (2.15%), Vitamin D: 0.29µg (1.93%), Vitamin C: 1.29mg (1.56%)