



Pigs in Spicy Buttermilk Blankets

READY IN

ready

135 min.

SERVINGS

servings

20

CALORIES

calories

205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons chiles in adobo sauce canned
- ☐ 3 tablespoons amber agave
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 0.5 teaspoon caraway seeds
- ☐ 1 teaspoon cayenne pepper
- ☐ 1 teaspoon coriander seeds
- ☐ 1 tablespoon brown sugar dark

- ☐ 3 tablespoons dijon mustard
- ☐ 1 eggs well beaten
- ☐ 1 teaspoon fennel seeds
- ☐ 2 cups flour all-purpose plus more for bench
- ☐ 2 teaspoons garlic minced
- ☐ 1.5 pounds ground pork
- ☐ 1 teaspoon ground sage leaves dried
- ☐ 2 teaspoons penzey's southwest seasoning italian
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons maple syrup
- ☐ 1.5 teaspoons ground mustard
- ☐ 1 pinch pepper
- ☐ 1 teaspoon cracked pepper fresh black
- ☐ 0.5 teaspoon chile 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
- ☐ baking paper
- ☐ oven
- ☐ plastic wrap
- ☐ mortar and pestle

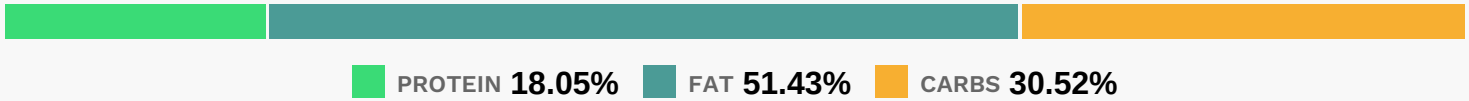
- ☐ dough scraper

Directions

- ☐ Preheat the oven to 375 degrees F. Line baking sheets with silicone mats or parchment paper.
- ☐ Form the Pork Sausage into 20 hot dog shapes, about 1/2 cup each, 4 to 5 inches long and 1 1/2 inches in diameter.
- ☐ Heat a nonstick skillet over medium-high and cook the sausages until evenly browned and cooked through, 3 to 4 minutes per side. Set on a paper towel-lined plate to cool completely.
- ☐ In the bowl of a food processor fitted with the bottom blade, add the flour, sugar, baking powder, Italian seasoning, mustard powder, baking soda, cayenne and sea salt and pulse 3 to 4 times for 4 to 5 seconds each time to combine.
- ☐ Add the butter cubes and pulse 5 to 6 times for 4 to 5 seconds each time until the mixture resembles cornmeal.
- ☐ Add the mozzarella cheese and pulse again, 3 to 4 times for 4 to 5 seconds each time until well combined.
- ☐ Add the buttermilk and process until a dough ball forms.
- ☐ Flour a work surface and turn the dough ball out onto it.
- ☐ Sprinkle lightly with flour and gently pat out and roll into a 10 by 15-inch rectangle. With a bench knife or pizza wheel, trim the edges to make even.
- ☐ Cut this in half lengthwise and again in half the short way.
- ☐ Cut the dough in 5 even cuts the short way to create a rectangle that is 2 squares deep on the short end and 5 squares along the long end.
- ☐ Cut these 5 by 3-inch squares into triangles; you should have 20 squares.
- ☐ Add the cooled sausages to each fat end of the triangle.
- ☐ Roll up, tucking the thin end under and place on the prepared baking sheets 2 inches apart. Repeat with the remaining triangles and sausages.
- ☐ Brush the tops with the beaten egg and place in the oven.
- ☐ Bake until golden brown, about 16 minutes.
- ☐ Serve immediately with Chipotle Agave Mustard.
- ☐ In a small skillet over high heat, add the coriander, fennel and caraway seeds. Toast, stirring frequently, until fragrant and lightly browned, 3 to 4 minutes.

- ☐ Remove to a small plate to cool.
- ☐ Once the spices have cooled completely, add to a mortar and grind with the pestle until powdery.
- ☐ Add the garlic, sage, salt, pepper and red chile flakes and grind to mix and combine.
- ☐ Add the spices to the ground pork.
- ☐ Add the maple syrup to the ground pork and incorporate with your hands, combining well. Cover and refrigerate for 30 minutes.
- ☐ Add all the ingredients into a bowl and stir to combine. Cover with plastic wrap and refrigerate until needed. Will keep for 1 week.

Nutrition Facts



Properties

Glycemic Index:23.58, Glycemic Load:8.09, Inflammation Score:-3, Nutrition Score:8.125217385914%

Flavonoids

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

Nutrients (% of daily need)

Calories: 205.14kcal (10.26%), Fat: 11.66g (17.95%), Saturated Fat: 5.14g (32.12%), Carbohydrates: 15.57g (5.19%), Net Carbohydrates: 14.64g (5.32%), Sugar: 4.64g (5.15%), Cholesterol: 44.11mg (14.7%), Sodium: 448.08mg (19.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.42%), Vitamin B1: 0.37mg (24.77%), Selenium: 16.61µg (23.72%), Copper: 0.35mg (17.67%), Vitamin B2: 0.22mg (13.05%), Phosphorus: 123.04mg (12.3%), Vitamin B3: 2.32mg (11.62%), Manganese: 0.21mg (10.57%), Calcium: 84.18mg (8.42%), Vitamin B6: 0.17mg (8.33%), Zinc: 1.15mg (7.64%), Vitamin B12: 0.43µg (7.19%), Folate: 28.67µg (7.17%), Iron: 1.27mg (7.07%), Potassium: 156.7mg (4.48%), Magnesium: 16.92mg (4.23%), Vitamin A: 200.99IU (4.02%), Vitamin B5: 0.38mg (3.82%), Fiber: 0.94g (3.76%), Vitamin K: 2.73µg (2.6%), Vitamin E: 0.25mg (1.7%), Vitamin D: 0.23µg (1.5%), Vitamin C: 1.03mg (1.25%)