



Pork & ham pie

 Popular

READY IN



165 min.

SERVINGS



8

CALORIES



494 kcal

Ingredients

- ☐ 6 eggs
- ☐ 400 g fatty pork minced
- ☐ 200 g pork sausagemeat
- ☐ 140 g ham meat cooked chopped (see know-how)
- ☐ 1 small handful sage leaves
- ☐ 1 small onion finely chopped
- ☐ 9 servings shakes tabasco sauce
- ☐ 2 leaves gelatine (optional, see Know-how)
- ☐ 450 g flour plain for dusting

- ☐ 4 tbsp milk
- ☐ 1 eggs beaten
- ☐ 100 g lard for greasing
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Equipment

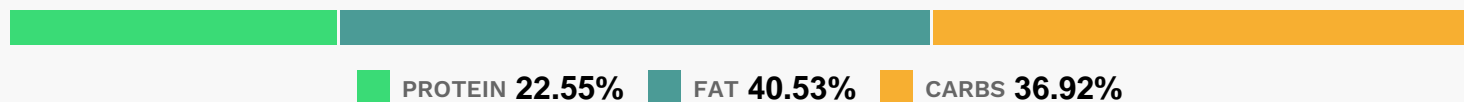
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Bring a large pan of salted water to the boil, then boil the eggs for exactly 7 mins. Cool in cold water, peel and set aside. Tip the pork, sausagemeat, ham, sage and onion into a large bowl. Season generously and add a few shakes of Tabasco.
- ☐ Mix well with your hands until completely combined. Take about 1 tbsp of the mix, shape into a small burger and fry in a pan. Taste for seasoning. Slightly over-seasoned is perfect.
- ☐ Melt a few tbsps lard, brush a 1-litre terrine dish with an even layer of the melted fat, then dust with flour. To make the pastry, tip the flour into a bowl with 2 tsp salt.
- ☐ Put the lard and milk into a pan with 150ml water, then heat until the lard has completely melted.
- ☐ Pour into the flour and beat with a wooden spoon until combined. Tip onto the surface and knead until it all comes together.
- ☐ Cut a piece of baking parchment to fit the bottom and long sides of the terrine dish with some hanging over the edge. Take about two-thirds of the pastry dough and shape it into a rectangle roughly the width and length of the dish.
- ☐ Lay the dough into the terrine and, using your fingers, press it into the bottom, the corners and up the sides of the dish until it comes to the top and hangs over the rim a little.

- ☐ Take half the meat mixture and pat it into a shape that will fit the terrine dish, then lay it in. Use your fingers to make a trench down the middle of the meat. Trim the tops and bottoms off the eggs, lay them, in a row, along the trench, then season. Trimming the eggs like this ensures that each slice of pie will contain both egg white and yolk.
- ☐ Take the rest of the meat mixture, pat it out to a rectangle that will fit over the eggs, and press it over the top.
- ☐ Brush the overhang of the pastry with the beaten egg, then roll out the rest of the pastry to fit over the pie.
- ☐ Pinch edges together to fix the top.
- ☐ Brush top generously with egg and pierce three holes along the top.
- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Place pie on a baking sheet and bake for 30 mins. Lower the heat to 180C/fan 160C/gas 4, then continue to cook for another hour. Leave to cool. Carefully turn dish upside-down onto a board and use the sides of the paper to pull the pie out of the dish. If sides aren't brown enough, return it to the oven on a baking tray at 200C/fan 180C/gas 6 until coloured. Cool, then chill in the fridge.
- ☐ If you want to fill the pie with jelly, soak the gelatine in cold water and warm the stock until hot, but not simmering.
- ☐ Remove the gelatine from the water and squeeze to remove excess liquid, then stir into the stock to dissolve. Leave to cool to room temperature, then transfer to a squeeze bottle.
- ☐ Pour the jelly into one of the holes until it comes to the top.
- ☐ Place the pie on a dish in the fridge until the jelly has set, then repeat twice more, so the jelly has filled each hole. Leave to set in the fridge overnight.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:31.37, Inflammation Score:-5, Nutrition Score:24.922608628221%

Flavonoids

Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 493.82kcal (24.69%), Fat: 21.75g (33.46%), Saturated Fat: 7.67g (47.95%), Carbohydrates: 44.59g (14.86%), Net Carbohydrates: 42.83g (15.57%), Sugar: 1.03g (1.14%), Cholesterol: 210.9mg (70.3%), Sodium: 306.65mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.23g (54.46%), Copper: 4.02mg (200.75%), Selenium: 53.09µg (75.84%), Vitamin B1: 1.11mg (74.05%), Vitamin B2: 0.69mg (40.39%), Vitamin B3: 7.24mg (36.22%), Phosphorus: 330.02mg (33%), Folate: 127.05µg (31.76%), Manganese: 0.55mg (27.41%), Iron: 4.26mg (23.64%), Vitamin B6: 0.44mg (21.88%), Zinc: 3mg (20%), Vitamin B12: 1.15µg (19.25%), Vitamin B5: 1.53mg (15.3%), Potassium: 407.38mg (11.64%), Magnesium: 38.91mg (9.73%), Fiber: 1.76g (7.04%), Vitamin C: 5.33mg (6.47%), Calcium: 61.24mg (6.12%), Vitamin D: 0.85µg (5.68%), Vitamin A: 225.66IU (4.51%), Vitamin E: 0.44mg (2.96%)