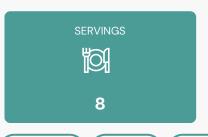


Pork rillettes

Dairy Free







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

4 bay leave

- 4 thyme sprigs
- 5 garlic clove roughly chopped
- 10 juniper berries crushed
- 0.3 tsp five spice powder chinese
- 1 large brandy
- 4 tbsp goose fat
- 8 servings buttered toast

	8 servings pickled cucumbers / gherkins sliced	
	8 servings bay leaves	
	1 kg frangelico boneless for this dish), cut into roughly walnut-sized cubes canned	
	1 kg frangelico boneless for this dish cut into roughly walnut-sized cubes canned (it pays to use the best-quality pork you can find)	
Eq	Juipment	
	food processor	
	bowl	
	frying pan	
	oven	
	ramekin	
	casserole dish	
Di	Directions	
	Reserve 1 bay leaf, then tip everything except the duck fat and serving suggestions into a bowl and season generously. If you have time, cover and leave the meat to marinate overnight in the fridge however, this isnt essential.	
	Heat oven to 140C/120C fan/gas	
	Tip the meat and all the juices into a flameproof casserole dish with a lid.	
	Pour over 250ml water, or enough to just cover the meat, and place the pan on a low heat. As soon as it starts to bubble, pop on the lid and put in the oven for 2–3 hrs, removing it once to give it a good stir.	
	The meat should now be very tender. Leave it to cool slightly in the pan, then drain over a bowl to catch the fat and juices. Shred the pork by hand or put in a food processor and pulse a few times to shred, but dont overwork it into a paste. Taste, add extra seasoning if needed, then press meat into 2 small or 1 large serving dish, or pack into individual ramekins.	
	Pour the juices and fat back over the meat, and put in the fridge for at least 2 hrs for the fat to harden. (To keep the rillettes for a week or so, cover with a layer of duck fat, and lay a bay leaf and a couple of juniper berries on top for decoration.)	
	Serve with sourdough toast, cornichons and a few bitter leaves (such as curly endive, rocket and radicchio), in a sharp mustardy dressing.	

Nutrition Facts

PROTEIN 2% FAT 85.31% CARBS 12.69%

Properties

Glycemic Index:11.88, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:1.2469565265852%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 68.3kcal (3.42%), Fat: 6.57g (10.11%), Saturated Fat: 1.81g (11.3%), Carbohydrates: 2.2g (0.73%), Net Carbohydrates: 1.76g (0.64%), Sugar: 0.08g (0.09%), Cholesterol: 6.41mg (2.14%), Sodium: 18.63mg (0.81%), Alcohol: 0.04g (100%), Alcohol %: 0.43% (100%), Protein: 0.35g (0.69%), Manganese: 0.13mg (6.65%), Iron: 0.65mg (3.63%), Vitamin C: 1.91mg (2.32%), Vitamin B6: 0.04mg (2.24%), Vitamin A: 91.17IU (1.82%), Fiber: 0.44g (1.76%), Calcium: 16.17mg (1.62%), Vitamin E: 0.18mg (1.18%)