

Pork rillettes

 Dairy Free

READY IN



240 min.

SERVINGS



8

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 bay leaves
- ☐ 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)

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ramekin
- ☐ casserole dish

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 isn't 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 don't 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: 0.23mg, Luteolin: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 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%)