



Porkie pie ploughman's

READY IN



95 min.

SERVINGS



8

CALORIES



675 kcal

Ingredients

- 300 g flour plain
- 1 pinch sea salt crushed
- 1 large egg yolk plus more beaten egg to glaze
- 75 g butter
- 500 g pork shoulder steak roughly chopped
- 200 g streaky bacon smoked roughly chopped
- 0.5 tsp ground allspice
- 8 servings grating of nutmeg good
- 1 tbsp sage leaves finely chopped
- 1 gelatine leaf

- 500 ml pot chicken stock with 2 bay leaves
- 8 servings choice of strong british cheese – cheddar
- 8 servings choice of pickle – piccalilli
- 8 servings simple rustic bread
- 8 servings simple salad with radish, cherry tomatoes or celery
- 75 g lard
- 75 g lard

Equipment

- food processor
- bowl
- sauce pan
- oven
- funnel

Directions

- Heat oven 180C/160C fan/gas
- Grease and line a 900g loaf tin with baking parchment. For the filling, roughly chop the meat in a food processor you should have minced pieces and chunkier bits. Alternatively, chop all the meat by hand.
- Mix through the spices, sage and some seasoning. Chill until needed.
- Soak the gelatine in cold water for 10 mins until soft while you reheat the stock. Squeeze out excess water from the gelatine and dissolve in the stock.
- Transfer to a jug and leave to cool at room temperature.
- For the pastry, mix the flour and salt in a large bowl and place the egg yolk on top. Gently heat the lard, butter and 75ml water in a saucepan. Once boiling, pour into the flour mix, stirring vigorously until well combined. Leave to cool briefly before forming into smooth dough. Cover with cling film.
- Roll out two-thirds of the pastry to a rough rectangle about 0.5cm thick.

- Lay the pastry into a 900g loaf tin and press evenly into the sides, making sure you leave some overhanging. You can patch up any holes with spare pastry. Fill with the pork mixture and roll the remaining pastry so that it is large enough to cover the pie.
- Brush the edges with beaten egg, drape over the lid and crimp to seal.
- Cut off any excess pastry (this extra can be used to decorate the top).
- Brush with more egg and make a hole to let steam escape.
- Bake for 45 mins until golden and cooked through. Leave to cool in the tin before removing. Chill for a few hrs.
- Pour jelly into the chilled pie through the steam hole using a funnel. Chill in the fridge for a few hrs more (preferably overnight) until the jelly is set.
- Build your ploughmans on large plates or wooden boards.
- Serve the pie cut into slices with your choice of cheese, pickle, bread and a simple salad.

Nutrition Facts



PROTEIN 16.09% **FAT 53.81%** **CARBS 30.1%**

Properties

Glycemic Index:29.63, Glycemic Load:21.31, Inflammation Score:-8, Nutrition Score:28.816087059353%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 675.24kcal (33.76%), Fat: 40.42g (62.18%), Saturated Fat: 19.77g (123.54%), Carbohydrates: 50.86g (16.95%), Net Carbohydrates: 46.96g (17.08%), Sugar: 12.49g (13.87%), Cholesterol: 117.05mg (39.02%), Sodium: 1164.85mg (50.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.2g (54.39%), Copper: 2.57mg (128.71%), Selenium: 41.03µg (58.61%), Vitamin B1: 0.86mg (57.11%), Vitamin C: 35.65mg (43.21%), Vitamin B3: 7.66mg (38.29%), Phosphorus: 382.58mg (38.26%), Vitamin B2: 0.62mg (36.24%), Folate: 122.06µg (30.52%), Manganese: 0.59mg (29.48%), Calcium: 292.11mg (29.21%), Vitamin A: 1424.31IU (28.49%), Iron: 4.28mg (23.78%), Vitamin B6: 0.45mg (22.54%), Zinc: 3.38mg (22.53%), Potassium: 764.19mg (21.83%), Vitamin K: 16.69µg (15.9%), Fiber: 3.89g (15.58%), Magnesium: 56.61mg (14.15%), Vitamin B12: 0.82µg (13.68%), Vitamin B5: 1.04mg (10.38%), Vitamin E: 1.55mg (10.35%), Vitamin D: 0.39µg (2.63%)