



Pressed Pigs' Ears



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



240 min.

SERVINGS



1

CALORIES



625 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 bay leaves



1 serving bouquet garnic



8 ears corn



1 tablespoons kosher salt



1 serving peppercorns

Equipment



pot

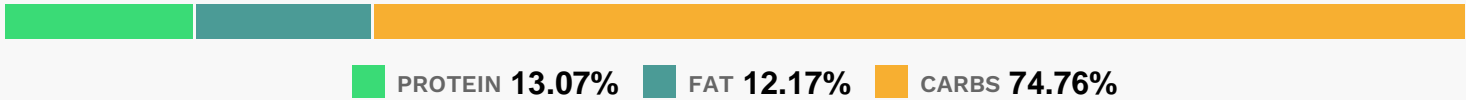


loaf pan

Directions

- ☐ Place all the ingredients in a pot and cover with enough water. Bring the liquid to a boil, then reduce the heat to medium low and simmer for 3 to 4 hours. The ears will be soft but still resilient from their cartilage.
- ☐ Line a terrine mold or loaf pan with saran wrap, leaving plenty of wrap overhanging the edges of the pan. Stack the ears one on top of the other, making the pile as flat and even as possible. Wrap the saran wrap over the ears and weight it down with one or two heavy cans. Allow to cool, then leave it to congeal in the refrigerator overnight.
- ☐ Serve slices with your choice of sauce.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:0.12, Inflammation Score:-9, Nutrition Score:35.954782257909%

Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg

Nutrients (% of daily need)

Calories: 625.05kcal (31.25%), Fat: 9.84g (15.14%), Saturated Fat: 2.36g (14.77%), Carbohydrates: 136.04g (45.35%), Net Carbohydrates: 120.93g (43.97%), Sugar: 45.12g (50.13%), Cholesterol: 0mg (0%), Sodium: 7085.46mg (308.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.79g (47.58%), Folate: 305.67µg (76.42%), Vitamin B1: 1.12mg (74.67%), Manganese: 1.39mg (69.49%), Magnesium: 271.99mg (68%), Phosphorus: 645.67mg (64.57%), Vitamin B3: 12.8mg (64%), Fiber: 15.11g (60.43%), Vitamin C: 49.57mg (60.08%), Potassium: 1975.01mg (56.43%), Vitamin B5: 5.18mg (51.76%), Vitamin B6: 0.69mg (34.39%), Vitamin A: 1444.92IU (28.9%), Iron: 4.81mg (26.74%), Vitamin B2: 0.4mg (23.64%), Zinc: 3.39mg (22.57%), Copper: 0.42mg (20.98%), Vitamin K: 10.01µg (9.54%), Selenium: 4.44µg (6.34%), Calcium: 44.72mg (4.47%), Vitamin E: 0.53mg (3.54%)