



## Roasted Leg of Wild Boar

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 bay leaves dried
- 20 peppercorns black
- 1 carrots trimmed peeled cut in 1/4-inch chunks
- 0.3 cup sea salt
- 40 sprigs thyme sprigs fresh rinsed
- 0.3 cup pepper black
- 3 tablespoons jam red
- 6 pound leg of boar wild

- 2 tablespoons olive oil
- 1 medium onion cut in eighths
- 4 cups red wine hearty
- 2 cups veal stock
- 0.3 cup red wine vinegar

## Equipment

- sauce pan
- oven
- whisk
- baking pan

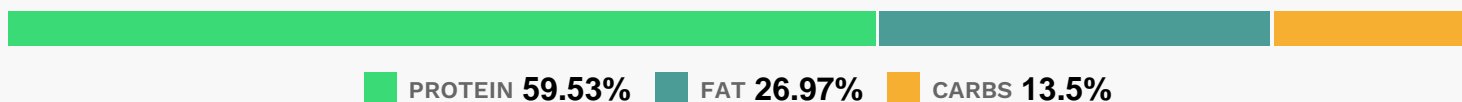
## Directions

- Rub the leg of wild boar all over with the salt and the pepper.
- Place it in a shallow dish, cover it loosely, and refrigerate it for 36 hours.
- Bring the wine, the herbs and spices, and the vegetables to a boil in a medium-sized saucepan over medium high heat and cook for about 3 minutes.
- Remove from the heat and let cool to room temperature. Strain, reserving the bay leaf, thyme, peppercorns and cloves, and discarding the vegetables.
- Whisk in the vinegar.
- Quickly rinse the salt and pepper from the boar to remove most but not all of it. Pat meat dry and place it in a shallow dish.
- Pour the cooled marinade over it, return it to the refrigerator, loosely covered, and let it marinate for 36 hours, turning it at least four times.
- Preheat the oven to 450°F.
- Remove the leg of wild boar from the marinade and pat it dry. Make 20 tiny slits in it all over, and insert a clove into each slit.
- Transfer the boar to a baking dish, and pour one-fourth of the marinade over it. Roast in the center of the oven until the boar is very golden on the outside, and when you cut into it it is a very faint pink, but not in the least red, which will take about 2 hours. Check it occasionally to be sure the marinade hasn't completely evaporated, and pour the additional marinade over

the roast, one-fourth at a time.

- When the boar is roasted remove it from the oven, and set it on a platter in warm spot, loosely covered, to sit for at least 20 minutes so the juices have a chance to retreat back into the meat. To prepare the sauce, transfer the cooking juice and any browned bits from the bottom of the baking dish to a medium sized saucepan.
- Whisk in the chicken or veal stock and bring to a boil over medium-high heat. Reduce by about one-fourth, then stir in the red current jelly. Continue cooking and whisking until the sauce is smooth and satiny, 8 to 10 minutes.
- Remove from the heat.
- Before slicing the boar remove as many of the cloves as possible. Thinly slice the wild boar and arrange it on a platter.
- Garnish with flat-leaf parsley leaves. Either pour the sauce over the meat, or serve it on the side.
- Broken Arrow Ranch
- P.O. Box 530
- Ingram, TX 78025
- (80
- 4263

## Nutrition Facts



## Properties

Glycemic Index:25.28, Glycemic Load:3.98, Inflammation Score:-10, Nutrition Score:17.680869688158%

## Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 1.9mg, Petunidin: 1.9mg, Petunidin: 1.9mg, Petunidin: 1.9mg Delphinidin: 1.93mg, Delphinidin: 1.93mg, Delphinidin: 1.93mg, Delphinidin: 1.93mg Malvidin: 13.29mg, Malvidin: 13.29mg, Malvidin: 13.29mg, Malvidin: 13.29mg Peonidin: 1.2mg, Peonidin: 1.2mg, Peonidin: 1.2mg, Peonidin: 1.2mg Catechin: 6.85mg, Catechin: 6.85mg, Catechin: 6.85mg, Catechin: 6.85mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 1.7mg, Naringenin: 1.7mg, Naringenin: 1.7mg, Naringenin: 1.7mg

1.7mg, Naringenin: 1.7mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

## **Nutrients (% of daily need)**

Calories: 488.79kcal (24.44%), Fat: 12.2g (18.78%), Saturated Fat: 3.21g (20.06%), Carbohydrates: 13.75g (4.58%), Net Carbohydrates: 11.21g (4.08%), Sugar: 4.56g (5.07%), Cholesterol: 0mg (0%), Sodium: 2936.9mg (127.69%), Alcohol: 10.18g (100%), Alcohol %: 2.77% (100%), Protein: 60.62g (121.23%), Vitamin B1: 1.1mg (73.37%), Vitamin B3: 11.74mg (58.69%), Manganese: 1.01mg (50.61%), Selenium: 27.93µg (39.9%), Phosphorus: 384.41mg (38.44%), Vitamin A: 1245.93IU (24.92%), Vitamin B2: 0.41mg (24.34%), Vitamin K: 12.98µg (12.36%), Iron: 2.01mg (11.16%), Potassium: 359.59mg (10.27%), Fiber: 2.54g (10.14%), Vitamin C: 8.15mg (9.87%), Calcium: 95.52mg (9.55%), Magnesium: 34.14mg (8.54%), Copper: 0.15mg (7.7%), Vitamin B6: 0.14mg (6.8%), Vitamin E: 0.52mg (3.48%), Zinc: 0.41mg (2.72%), Folate: 8.7µg (2.18%), Vitamin B5: 0.16mg (1.62%)