



Tourtière du Shack

READY IN



45 min.

SERVINGS



8

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1.5 pounds pork shoulder boneless cut into 2" pieces (Boston butt)
- 8 medium mushrooms stemmed finely chopped
- 0.1 teaspoon cinnamon
- 0.5 cup wine dry white
- 1 large egg yolk beaten to blend
- 8 servings flour all-purpose (for surface)
- 4 garlic clove divided chopped
- 0.1 teaspoon ground cloves

- 1.3 pounds ground pork
- 8 servings kosher salt
- 1.5 cups chicken broth
- 5 peppercorns whole black freshly ground
- 0.8 cup baking potatoes grated peeled
- 5 sprigs thyme leaves
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- oven
- pot
- sieve
- plastic wrap
- pie form

Directions

- Pulse flour, butter, and salt in a foodprocessor until pea-size pieces of butterform.
- Transfer to a medium bowl.
- Add 1/4 cup ice water and stir just until shaggy clumps form, adding more water by teaspoonfuls if dry. Divide dough in half; flatten each half into a disk. Wrap disks in plastic wrap and chill for at least 2 hours. DO AHEAD: Dough can be made 2 days ahead. Keep chilled.
- Preheat oven to 325°F.
- Combine broth, 1/2 chopped onion, 1 chopped garlic clove, whole peppercorns, thyme, and bay leaves in a medium pot.
- Add pork shoulder; season with salt and pepper. Bring to a simmer over medium heat.
- Cover pot.
- Transfer to oven; braise until pork shoulder is tender and shreds easily, about 2 hours.

- Remove from oven; let cool.
- Transfer pork shoulder to a work surface. Shred meat with your fingers and transfer to a medium bowl. Strain pan juices through a fine-mesh sieve; add 1/2 cup juices to pork; discard solids in strainer.
- Melt butter in a large skillet over medium heat.
- Add remaining 1 chopped onion and 3 chopped garlic cloves; cook, stirring often, until soft, 5–7 minutes.
- Add mushrooms; cook, stirring often, until almost all liquid is evaporated, 5–7 minutes.
- Add wine; stir, scraping up browned bits. Bring to a boil; cook, stirring often, until liquid is almost evaporated, about 5 minutes.
- Add ground pork, cinnamon, and cloves. Cook, stirring to break up into small pieces, until pork is cooked through, about 5 minutes.
- Add potato. Cook until potato is soft, about 10 minutes.
- Remove from heat. Stir in shredded pork with juices. Season to taste with salt and pepper; let cool slightly. Chill until cold, about 1 hour. DO AHEAD: Can be made 1 day ahead. Cover and keep chilled.
- Roll out 1 dough disk on a lightly floured surface into a 12" round.
- Transfer to pie dish, leaving overhang. Fill with cooled meat mixture.
- Roll out remaining dough disk into a 10" round.
- Place dough over meat filling. Fold overhang over top crust and crimp edges.
- Brush crust with egg yolk.
- Cut three 2" slits in top crust. Chill for 1 hour.
- Preheat oven to 400°F.
- Bake tourtière for 30 minutes. Reduce heat to 350°F; bake until crust is golden brown and filling is bubbling, 40–50 minutes.
- Let cool for 20 minutes before serving.

Nutrition Facts

PROTEIN 37.74% **FAT 50.54%** **CARBS 11.72%**

Properties

Glycemic Index:39.84, Glycemic Load:6.5, Inflammation Score:-7, Nutrition Score:21.144347507021%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg 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: 378.81kcal (18.94%), Fat: 20.33g (31.28%), Saturated Fat: 7.7g (48.15%), Carbohydrates: 10.6g (3.53%), Net Carbohydrates: 9.87g (3.59%), Sugar: 0.7g (0.77%), Cholesterol: 128.77mg (42.92%), Sodium: 296.82mg (12.91%), Alcohol: 1.54g (100%), Alcohol %: 0.75% (100%), Protein: 34.16g (68.31%), Vitamin B1: 1.16mg (77.36%), Vitamin B3: 13.13mg (65.63%), Selenium: 45.09µg (64.42%), Vitamin B6: 1mg (49.85%), Vitamin B2: 0.71mg (41.67%), Phosphorus: 377.92mg (37.79%), Zinc: 3.55mg (23.66%), Vitamin B12: 1.33µg (22.2%), Potassium: 711.52mg (20.33%), Vitamin B5: 1.74mg (17.38%), Iron: 2.29mg (12.73%), Magnesium: 45.78mg (11.45%), Copper: 0.21mg (10.67%), Manganese: 0.19mg (9.5%), Folate: 25.99µg (6.5%), Vitamin C: 3.16mg (3.83%), Calcium: 32.01mg (3.2%), Fiber: 0.73g (2.94%), Vitamin A: 111.34IU (2.23%), Vitamin E: 0.18mg (1.18%), Vitamin D: 0.18µg (1.18%)