Retigo Combionline | Cookbook | Pork 11. 10. 2020

Pork knuckle rillettes

Cuisine: French
Food category: Pork



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Program steps



Ingredients - number of portions - 10

| Name | Value | Unit |
|----------------|-------|------|
| pork neck | 1.5 | kg |
| onion | 0.15 | kg |
| ointment | 0.25 | kg |
| dry white wine | 0.3 | l |
| bay leaf | 1 | g |
| sage | 1 | g |
| thyme | 1 | g |
| garlic | 100 | g |
| clove | 1 | pcs |
| colored pepper | 4 | g |

Nutrition and allergens

Allergens:

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, E, K, Kyselina listová

| Nutritional value of one portion | Value |
|----------------------------------|-------------|
| Energy | 647.9 kJ |
| Carbohydrate | 4.3 g |
| Fat | 50.4 g |
| Protein | 45.9 g |
| Water | 0 g |

Directions

Pork (neck, belly, knee).

Grind the spices with herbs and garlic in a mortar and rub into the meat, add salt $\,$

and leave in a covered stainless steel full gastro container with a depth of 100 mm overnight in the refrigerator.

Then pour in dry white wine, water and melted lard, put in a convection oven and bake overnight.

After 12 hours, take it out of the convection oven, remove the meat from the skin and bones and tear it into fibers. Return the shredded meat back to the juice, mix, and add flavor if necessary.

Rillettes prepared in this way are served warm or cold on freshly baked sourdough bread with wild garlic, garnished with chili corn cucumbers and finely chopped chives.

Recommended accessories

