

Making pork paté

Préparation : 1 h

Cooking time : 3 h

Price : inexpensive

Difficulty : Medium

Ingredients : (to make 24 kilner type jars of 250 gr paté)

- 2.5 kg of pork liver to be drained.
- 2.5 kg of meat and fat (fresh belly).
- 2.5 kg of pork throat.
- salt pepper.
- Condiments: (bay leaf, thyme, cognac, dried apricots)

Preparation:- Dice the various products, (watch out for bones and gristle that can block the mincer).

- Mince the products alternately.
- Weigh the total minced products.
- Add : 10 to 20 gr of salt, 2 to 4 gr of pepper per kg.

Condiments : choice to taste.

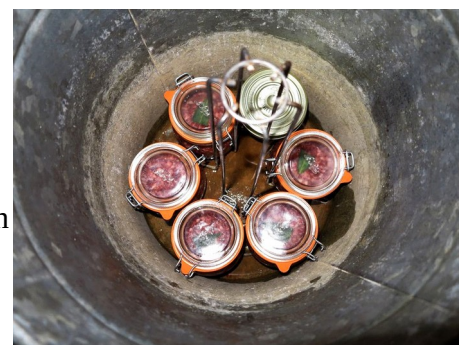
- Mix everything in a big bowl.
- Place a bay leaf, some thyme at the bottom of the sterilised jar if desired.

- Fill the jars, leaving a space just below the collar, please pack the jar well to avoid air bubbles.

- Wipe the outside and seal the jar.

- Carefully arrange the jars in the sterilizer.
- Fill the sterilizer with cold water, bring to a simmer and heat at 95 ° for 3 hours, allow to cool.
- There may be a little leakage of fat during cooking, when the jars have cooled, clean the excess around the seal & lid).

Store in a cool place for approx 3 months before eating....



Advice from Geneviève who ran the the kitchen workshop Laflaujaguaise.

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