

Faggots

Cuisine: **English**
Food category: **Pork**



Author: **Jaroslav Mikoška**

Company: **Retigo**



Program steps									
1	 Hot air	 0 %	 Termination by time	 00:20 hh:mm	 160 °C	 100 %			
2	 Combination	 70 %	 Termination by time	 01:10 hh:mm	 160 °C	 100 %			

Ingredients - number of portions - 8		
Name	Value	Unit
butter soft	70	g
onion	1	pcs
thyme	1	pcs
sage	16	pcs
nutmeg	3	g
freshly ground black pepper, ground	6	g
pork belly, minced	700	g
bacon diced	130	g
lamb kidneys	6	pcs
pork liver	200	g
sea-salt	1	g
breadcrumbs	120	g
milk 3.5%	130	ml
beef caul fat	250	g
unrefined sugar	8	g
malt vinegar	12	ml
plain wheat flour	12	g
beef stock	700	ml
salt	1	g
freshly ground black pepper, ground	0.5	g

Nutrition and allergens	
Allergens: 1, 7	
Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn	
Vitamins: A, B, B6, C, Cholin, D, E, K, Kyselina listová	

Directions

1. In a skillet, soften the onion in half the butter, adding the thyme, sage and mace.
2. In a large mixing bowl, combine the belly, bacon, kidneys and liver. Combine the softened onion and herbs and mix well. Add breadcrumbs, milk, salt and pepper and keep working it until all the mixture combines well.
*lamb kidneys, rinsed, skinned, cored and finely diced.
3. On a work surface carefully spread out the caul so that no part of it is ripped. Cut the caul in 10cm squares.
4. Spoon out some of the mixture on the opened caul and fold into parcels tightly containing the stuffing. Turn the faggots over and wrap again in other caul sheets.
5. Set the oven on dry heat at 160°C (full fan speed), with flap opening every 20 minutes.
6. In a Dutch oven over high heat, sear the faggots in the remaining butter, add brown sugar and deglaze with vinegar over high heat until most of it has evaporated.
7. Sprinkle the flour over the faggots, reduce the heat and stir gently so that the flour does not burn.
8. After a minute or so, pour in the beef stock and insert the Dutch oven in the oven just before the liquid breaks into a boil.
9. Bake for 70 minutes.
10. Serve with mash, peas and mustard.

Nutritional value of one portion	Value
Energy	840.5 kJ
Carbohydrate	14.8 g
Fat	77.2 g
Protein	21.3 g
Water	0 g

Recommended accessories



Stainless wire shelving