

Savoury Pork Custard (Soft Baked Pork Purée)

Yield: 6 to 8 ramekins (4" x 2"), depending on fill

Ingredients

- 1 lb / 450 g pork
- 1 medium onion (~250 g), finely chopped
- olive oil
- 1 cup / 250 mL milk
- 2 large eggs
- 1/2 cup / 125 mL vegetable bouillon / stock -- or equivalent in concentrated bouillon and water
- water as necessary to maintain liquid level in pan
- salt to taste

Equipment

- kitchen knife
- cutting board
- cast iron frypan with fitted lid
- egg flipper
- measuring cup
- blender / food processor
- countertop oven or conventional oven set to 325F

6 to 8 ramekins

Cooking the pork

- Cut pork into chunks
- Place pork in cast iron frypan
- Add olive oil
- Begin frying cubes
- When browned, add bouillon / stock and water to partly cover pork
- Simmer pork gently, covered, approximately 60 minutes until fully cooked and very tender
 - as required, maintain liquid level in pan
- Remove pork from pan; place in food processor
- Reduce liquid in pan
- Transfer reduced liquid to food processor with pork
- Do not rinse or clean pan

Cooking the onion

- Peel and trim onion
- Chop onion finely
- Transfer onion to frypan
- Add olive oil to warm pan
- Cook onion on low heat until very soft
- When cooked, transfer onion to food processor
- Immediately deglaze pan with water
- As required, reduce deglazing liquid

- Transfer deglazing liquid to food processor

Processing

Combine in food processor or blender:

- Cooked pork
- Reduced cooking liquid
- Softened onion
- Deglazing liquid
- Add 2 eggs
- Add 1 cup milk
- Blend until almost completely smooth, like a thick paste

Baking

- Preheat oven to 325 °F / 160 °C
- Transfer mixture into ramekins, to about 1 inch / 2,5cm
- Place ramekins in oven
- Bake about 35 to 40 minutes until set
- Remove from oven
- Serve
- Freeze pieces not being eaten