

HASLET (PORK MEAT LOAF)

Recipes kindly provided by Phil Ackley (our Culinary Consultant)

INGREDIENTS

675 g Lean minced pork
110 g slightly stale bread
1 Medium Onion finely minced

Caul Fat (Omentum) this is the fat that the stomach is enclosed in, ask your butcher to order this for you, if he can't provide it or doesn't know what it is give him the sack. If you unable to source the caul omit it from the Haslet, unfortunately the loaf tends to dry a little during cooking if it is not used

Pinch Ground Dried Sage

Salt and White Pepper

Method

Pre heat oven 170°C 325°F Gas 3

Soak the bread in water for 30 to 45 minutes

Squeeze the bread removing as much water as possible

Mix the bread with the minced pork, add the sage and season with salt and pepper to taste

Mould the mixture into a loaf shape, wrap with the caul

Place on a greased baking tray

Bake for 60 minutes

Allow to cool thoroughly before slicing

Top tip - place the caul in warm water before use, this will allow the caul to become more pliable