

Nicolas (Nick) de Toldi



www.GourmetFly.Com

FIELD SPORTS IN FRANCE & SPAIN
Gourmet fishing tips...

LOU PASTIFRET OF THE RESTAURANT J'GO

For Mogens Berg (DK), Gambais, June 2012

Recommended proportions, for 5 jars of 300/350 grs

3 Lbs of good fresh bacon in slices. & 1 Lb of pork liver.
 4/5 tablespoons of (big) salt. (The rule is 15 grs per kilo),
 Pepper & 1 shallot

NB: The pork must be a nice chap. The slices must be 1 cm thick.. The bacon must be well balanced between fat & lean. Modern porks tend to be too lean, what you would need ideally is a 50/50 lean/fat ratio, that is almost impossible to find those days, but remember to look for a fairly fat bacon. You must remove the skin (no use for the skin in this recipe)

Recipe

With a knife, make "lardoons" with your bacon slices.
 Cut the liver into strips and then into pieces of the same size as the "lardoons".
 Season with the salt and pepper and the finely chopped shallot

Put everything in a thick casserole with lid (cast iron cocotte).
 Add a small glass of water to start, and bring to a boil on gentle fire.
 Cook on very gentle fire for 2 hours.

Conservation:

Pour into the jars or jam pots and let it cool before placing in the refrigerator. The preparation as it is can be kept for a week in a fridge. For a slightly longer conservation pour 1 inch of hot melted pork lard on top of the jars. Otherwise for really long conservation, the jars can be frozen and if you need one for a given picnic or meal, just don't forget to remove it the night before from the deep freeze and store in the refrigerator or cooler box if you go fishing or hunting.

Cheers / Nick

RESTAURANTS J'GO: Mother house in Toulouse and two addresses in Paris.
Details and other great ideas on www.lejgo.com