



Food Fest-Back to Basics

Cretons



In Québec cuisine, cretons is a forcemeat-style pork spread containing onions and spices. Its fatty texture and taste make it resemble French rillettes. Cretons are usually served on toast as part of a traditional Québec breakfast. There are many versions, depending on the region you are from. This recipe is one of the most simple and quick.

Ingredients

600 g fatty ground pork*	2 medium onions, chopped fine*
1-2 tablespoons of butter, oil or duck fat	1 ½ cup milk (3.5% fat)
1 cup fresh breadcrumbs (dry can be used)*	1 ½ teaspoons ground cinnamon
1 ½ teaspoons ground cloves	1 ½ teaspoons salt
½ teaspoon pepper	Pinch of nutmeg (optional)

*Ingredients found at the market (some ingredients are seasonal)

Instructions

1. In a thick-bottomed pot (Creuset or cast-iron Dutch oven) over medium-low heat, add butter, oil or duck fat. Sweat the onion lightly until just translucent.
2. Add the pork to the onions and use a wooden spoon to break it down while browning the pork lightly. Be sure to scrape the edge of the pot to ensure even cooking.
3. Add the milk, breadcrumbs and spices.
4. Cook over medium-low, stirring often, until most of the liquid is absorbed, approximately 45 minutes.
5. Adjust spices to taste.
6. Pour the cretons into a container and chill.

Note: Cretons can be frozen but will be 'crumbly' when thawed. To return to a proper consistency, reheat to a simmer and chill again before serving.

Recipe by Pierre Conroy, North Vancouver Island Culinary Association

