



# Food Fest-Back to Basics

## Patates Fricassées et Grillades de Lard Salé (Potato Fricassée with Salted Pork)\*



Prep Time: 50 minutes    Cook Time: 35 minutes    Total Time: 1 hour 25 minutes    Servings: 4

This traditional dish from the Saguenay region of Quebec is very comforting and can be served as a main or as a side. It is delicious, uses few ingredients and comes together quickly.

### Ingredients

135 g salted pork cut into slices, then into 5 mm sections (lardons)

120 g onions, diced (approx. 1 medium)\*

5-6 medium russet potatoes, peeled & sliced 7 mm thick, rinsed\*

3 or 4 Tablespoons fresh parsley, chopped\*

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

### Instructions

1. In a thick-bottomed pot (Creuset or "cauldron") over medium heat, cook the salted pork lardons until browned, approximately 10-15 minutes, being very careful not to burn (they will become crisp and curled.)
2. Remove the pork and drain on paper towel.
3. Add the onion and potato slices and stir to coat in the pork fat.
4. Add just enough water to cover.
5. Add parsley, stir and simmer until potatoes are tender, about 20 minutes.
6. Serve with the crisp pork lardons.

Notes: can also be served with sweet pickles or chopped tomatoes to contrast the rich flavour of the salted pork.

\*Recipe adapted by Pierre Conroy, North Vancouver Island Culinary Association with reference to:

<https://missioncuisineurbaine.com/patates-fricassees-et-grillades-de-lard-sale/>

