

PIEDS ET PAQUETS MARSEILLE-STYLE

This dish is made up of mutton or lamb tripe and feet cooked together, with the feet placed at the bottom of the pot.

For five or six people one quantity of tripe is sufficient.

Clean it carefully, cut it into eight equal squares and make an incision at the corner of each.

Afterwards, prepare a stuffing with 100 grams of salt pork, and the same amount of chitterlings, all finely chopped.

Add a few sliced garlic cloves, season with salt and pepper and mix everything together.

Divide the stuffing between each square, roll them up and squeeze tightly.

The feet must be flambéed and washed.

Melt 100 grams of lard in an earthen casserole dish and brown an onion, a carrot and a branch of celery, all diced. These browned ingredients give a good colour to the sauce.

Pour a little white wine, stock or jus over the parcels.

Add a bouquet of thyme and laurel, 2 cloves of garlic, some cloves, as well as a chopped tomato or coulis.

Season lightly.

Cover the dish and cook for 7 to 8 hours.

Comment

Place a small plate at the bottom of the dish to prevent the parcels from sticking to the bottom and keep an eye on the dish at the beginning of the cooking, the most critical period. It is important to start over a low heat.

To serve, remove the feet and parcels, from the liquid, strain the jus, skimming off the fat; remove the metatarsal bone from the feet; replace the feet and parcels in the jus, leave to simmer for a moment and serve.

