

Scrapple

Yield: 4 min
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/pork-liver-recipe-indian>

Ingredients:

- 1 pig's head with or without the jowls
- 3 carrots chopped
- 1 onion large, chopped
- 6 bay leaves
- 1 tablespoon juniper berries crushed, optional
- 1 tablespoon black peppercorns cracked
- 1 tablespoon freshly ground black pepper
- 1 tablespoon salt
- 1 tablespoon savory
- 2 teaspoons poultry seasoning Bell's, optional
- 1 teaspoon dried thyme
- 1 teaspoon ground white pepper
- 1/2 teaspoon cayenne
- 2 cups cornmeal
- 1/2 cup buckwheat flour

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 69 grams
3. Fat: 4.5 grams
4. Fiber: 11 grams
5. Protein: 9 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1810 milligrams
8. Sugar: 6 grams

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