

# Braised Wild Boar

Yield: 6 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/wild-boar-recipe-italy>

## Ingredients:

- 4 3/8 pounds boar wild boar; ready to cook
- 3 bay leaves
- 1 teaspoon ground allspice
- pepper
- 1/2 cup game stock or chicken broth
- 2 pints apple juice unfiltered
- 7 ounces shallots
- 2 garlic cloves
- salt
- 2 tablespoons clarified butter
- 2 orange
- 2 grapefruit small
- 4 sage leaves fresh

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 10 milligrams
4. Fat: 14 grams
5. Fiber: 6 grams
6. Protein: 76 grams
7. SaturatedFat: 6 grams
8. Sodium: 140 milligrams
9. Sugar: 23 grams

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