

## Home-Made Cretons

Preparation time	<b>10 minutes</b>
Cooking time	<b>1 hour 15 minutes</b>
Servings	<b>8-12</b>
Cost per serving	<b>68¢</b>
Storage	<b>3 days in the fridge. Can be frozen.</b>
Kitchen tools	<b>Measuring cups and spoons, cutting board, sharp knife, large pot, wooden spoon, small plastic containers.</b>



## Ingredients



500 g (1 lb)  
ground pork



125 ml (½ cup)  
breadcrumbs



375 ml (1½ cups)  
milk



1 large or 2 small **yellow**  
onions, peeled and chopped



1 **garlic** clove,  
peeled and minced



5 ml (1 tsp)  
salt



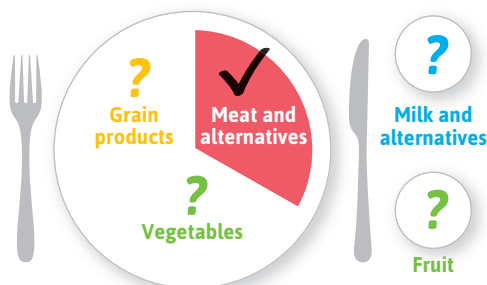
2.5 ml (½ tsp)  
pepper

YOU CAN ADD  
A PINCH OF  
NUTMEG AND  
GROUND CLOVE.



1 ml (¼ tsp)  
ground cinnamon

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### Balanced plate

✓ One serving of these cretons is a tasty way to add protein to your breakfast, lunch or snack!

# Directions

- 1 In a large pot over medium heat, bring **all the ingredients** to a boil, stirring constantly.

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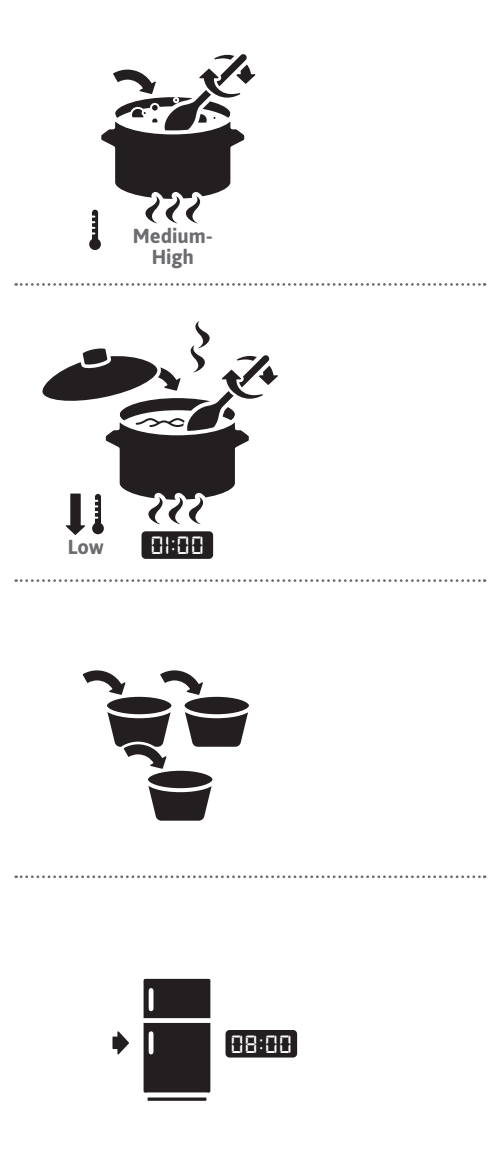
- 2 Reduce heat to low. Cover, leaving a small space for steam to escape and simmer for 1 hour, stirring occasionally.

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- 3 Pour into one or several small containers.

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- 4 Refrigerate overnight (at least 8 hours).



My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition