



# Pressure-cooker wild boar in wine sauce

20'  
Hands on

12 hours'  
Hands off

60'  
Cook Time

10-12  
Portion(s)

1  
Difficulty



## Ingredients

For the marinade

- 4-5 sprig(s) rosemary
- lemon peels, of 1 lemon
- 500 g white wine

For the meat

- 2 kilos wild boar, leg
- 400 g white wine
- 3-4 tablespoon(s) olive oil
- salt
- pepper
- 50 g all-purpose flour
- 2 onions
- 3 clove(s) of garlic
- 50 g honey
- 2 bay leaves

To serve

- [mashed potatoes](#)
- 1 teaspoon(s) olive oil
- pepper
- salt
- rosemary

## Method

For the marinade

- [Cut](#) the wild boar into large pieces and add them to a bowl.
- Add the rosemary, the lemon peels, and the wine.
- Cover with plastic wrap and refrigerate for 12-24 hours. The plastic wrap should be touching the meat.

For the meat

- Place a [pressure cooker](#) over high heat and add the olive oil.
- Drain the meat and add salt, pepper, the flour, and mix.
- Transfer the meat to the pressure cooker in batches and sauté until golden brown.
- Deglaze with the wine and add the onions and the garlic coarsely chopped.
- Add the honey, salt, pepper, bay leaves, and put the lid on.
- Turn the safety valve to the proper pressure indicator, lower the heat to medium, and simmer for 1 hour. Depressurize the pressure cooker and open the lid.
- Serve with mashed potatoes, olive oil, salt, pepper, and rosemary.

## Διατροφικός πίνακας

Nutrition information per portion

315 Calories (kcal)	15.0 Total Fat (g)	5.2 Saturated Fat (g)	9.0 Total Carbs (g)
16%	21%	26%	3%
5.3 Sugars (g)	33.0 Protein (g)	0.8 Fibre (g)	0.35 Sodium (g)
6%	66%	3%	6%