



Crown Roast of Pork with Onion and Bread-Crumb Stuffing

 Gluten Free

READY IN



1500 min.

SERVINGS



12

CALORIES



1126 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup celery finely chopped
- ☐ 1.5 tablespoons apple cider vinegar
- ☐ 2 teaspoons cornstarch dissolved in 2 tablespoons water
- ☐ 0.5 cup wine dry white
- ☐ 1 lb country ham fresh cut into 1-inch cubes, then pulsed to coarse crumbs in a food processor
- ☐ 1 teaspoon marjoram fresh finely chopped

- ☐ 1 teaspoon sage fresh finely chopped
- ☐ 0.8 lb ground pork with crown roast, see below)
- ☐ 1.5 cups chicken broth reduced-sodium
- ☐ 6 cups onion finely chopped
- ☐ 9 lb ground pork for stuffing, above (ground pork reserved)
- ☐ 2 teaspoons salt
- ☐ 2 tablespoons butter unsalted cold
- ☐ 1.5 cups water

Equipment

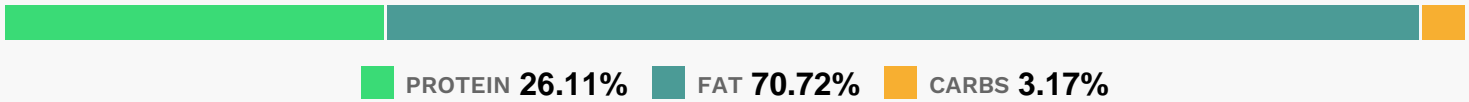
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Cook onions with 1 1/2 teaspoons salt in 3/4 stick butter in a 12-inch heavy skillet over moderate heat, covered, stirring occasionally, until tender, about 10 minutes. Continue to cook, uncovered, stirring frequently, until onions are pale golden, about 10 minutes more.
- ☐ Add sage, marjoram, and pepper and cook, stirring, 5 minutes.
- ☐ Add vinegar and wine and boil, stirring occasionally, until liquid is evaporated, then remove from heat.
- ☐ Meanwhile, cook bread crumbs and remaining teaspoon salt in remaining 3/4 stick butter in a 12-inch nonstick skillet over moderately low heat, stirring, until golden and crisp, 15 to 20 minutes.
- ☐ Reserve 1 cup onion mixture, covered and chilled, for sauce.

- ☐ Transfer remaining mixture to a large bowl and stir in ground pork, celery, and crumbs.
- ☐ Put 1 oven rack in lower third of oven and another on bottom of oven and preheat oven to 350°F.
- ☐ Stir together sage, marjoram, salt, and pepper in a small bowl, then rub over outside and bottom of roast. Put roast in a small flameproof roasting pan and mound 2 cups stuffing loosely in center, then add water to pan.
- ☐ Transfer remaining stuffing to a buttered 2-quart baking dish and chill until ready to bake.
- ☐ Roast pork in lower third of oven, covering stuffing and tips of ribs with a sheet of foil after about 30 minutes and adding more water if pan becomes dry, until thermometer inserted 2 inches into center of meat (do not touch bones) registers 155°F, 2 1/4 to 2 3/4 hours total.
- ☐ Bake remaining stuffing (next to or under roast, starting 30 minutes before roast is done), covered with foil, 30 minutes. Increase oven temperature to 425°F (after removing roast from oven) and continue to bake stuffing, uncovered, until top is crisp, 15 to 20 minutes more.
- ☐ Transfer pork to a platter and let stand 30 minutes.
- ☐ Transfer pan juices from roasting pan to a gravy separator or a glass measure and skim off fat. Straddle roasting pan across 2 burners, then add wine to pan and boil over high heat, stirring and scraping up brown bits, until reduced by about half, about 5 minutes.
- ☐ Add reserved onion mixture, broth, pan juices, and any juices on platter from roast and bring to a simmer. Restir cornstarch mixture and add to pan, whisking, then simmer 2 minutes.
- ☐ Add butter and swirl pan until incorporated. Season with salt and pepper.
- ☐ Carve pork and serve with stuffing and sauce.
- ☐ Stuffing can be made 1 day ahead and chilled, covered.Pork can be rubbed with seasoning and stuffed 2 hours before roasting and chilled, covered.
- ☐ Let stand at room temperature 30 minutes before roasting

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:1.74, Inflammation Score:-6, Nutrition Score:35.586521677349%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 16.28mg, Quercetin: 16.28mg, Quercetin: 16.28mg, Quercetin: 16.28mg

Nutrients (% of daily need)

Calories: 1126.07kcal (56.3%), Fat: 86.61g (133.24%), Saturated Fat: 32.56g (203.5%), Carbohydrates: 8.74g (2.91%), Net Carbohydrates: 7.21g (2.62%), Sugar: 3.65g (4.05%), Cholesterol: 293.8mg (97.93%), Sodium: 1063.81mg (46.25%), Alcohol: 1.03g (100%), Alcohol %: 0.23% (100%), Protein: 71.94g (143.87%), Vitamin B1: 2.96mg (197.65%), Selenium: 99.73µg (142.47%), Vitamin B3: 18.21mg (91.05%), Vitamin B6: 1.67mg (83.28%), Phosphorus: 762.66mg (76.27%), Zinc: 9.18mg (61.23%), Vitamin B2: 0.99mg (58.09%), Vitamin B12: 2.86µg (47.59%), Potassium: 1340.86mg (38.31%), Copper: 0.76mg (37.94%), Vitamin B5: 2.76mg (27.62%), Magnesium: 88.31mg (22.08%), Iron: 3.88mg (21.57%), Vitamin C: 8.77mg (10.63%), Manganese: 0.2mg (9.94%), Folate: 37.99µg (9.5%), Calcium: 81.39mg (8.14%), Fiber: 1.53g (6.12%), Vitamin K: 3.26µg (3.11%), Vitamin A: 124.66IU (2.49%), Vitamin D: 0.3µg (2%), Vitamin E: 0.23mg (1.53%)