

DINNER

Molasses Glazed Pork Roast with Black Pepper Dumplings

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$3.26	765 kcal

Molasses Glazed Pork Roast with Black Pepper Dumplings is a main course that serves 8. For \$3.26 per serving, this recipe covers 40% of your daily requirements of vitamins and minerals. One serving contains 765 calories, 41g of protein, and 33g of fat. 1 person were impressed by this recipe.

Ingredients

- ☐ 1½ teaspoons baking powder

☐ 1 large carrot, finely diced

☐ 6 cups chicken stock

☐ 1 cup all-purpose flour

☐ 1 teaspoon finely chopped fresh thyme

☐ 2 cloves garlic, finely chopped

☐ 1 teaspoon kosher salt

☐ 1½ cups molasses

☐ 1 Spanish onion, finely diced

☐ 8 servings Chopped parsley, for garnish

☐ 8 servings Salt and freshly ground pepper
- ☐ 3 pound pork loin roast, bone in

☐ 1 stalk celery, finely diced

☐ 1 cup dry white wine

☐ 1 tablespoon finely chopped fresh parsley

☐ 4 sprigs fresh thyme

☐ 1 tablespoon coarsely ground black pepper

☐ 1/3 cup milk

☐ 3 tablespoons olive oil

☐ 4 sprigs parsley

☐ 8 servings Salt

☐ 2 tablespoons very cold solid vegetable shortening

☐ 2 tablespoons whole grain mustard

EQUIPMENT Bowl, Frying pan, Oven, Mixing bowl, Pot, Stove, Dutch oven

Method

- 1 Preheat oven to 350 degrees F.
- 2 Heat oil in a large Dutch oven over high heat. Season the pork with salt and pepper and sear on all sides until golden brown.
- 3 Transfer the pot to the oven and roast until the pork reaches an internal temperature of 125 degrees F, about 1 hour.
- 4 Brush the pork liberally with the Molasses Glaze and continue roasting until the internal temperature reaches 145 degrees F.
- 5 Remove the roast to a platter, brush with more of the glaze and let rest 15 minutes.
- 6 Remove all but 2 tablespoons of the fat from the pan and place on top of the stove over medium heat.
- 7 Add the onions, carrots, celery, and garlic and cook until soft, about 5 to 7 minutes.
- 8 Add the wine, increase the heat to high, and cook until reduced by half.
- 9 Add the stock and the herbs, and bring to a boil, cook until reduced by 1/2.
- 10 Reduce the heat to low and let the broth simmer.
- 11 Drop the dumplings into the broth, cover, and simmer until they are puffed and cooked through, about 12 to 15 minutes.
- 12 Combine ingredients in a small bowl.
- 13 Combine the flour, baking powder, salt, black pepper, parsley, and thyme in a medium mixing bowl. Using your fingers, cut the shortening into the flour mixture until the mixture resembles coarse crumbs.
- 14 Add the milk, stirring just until the mixture is moistened. Gather the dough into a ball, knead it a few times, and cut into 12 equal pieces.

Nutrition per serving

765

KCAL

41 g

PROTEIN

33 g

FAT

71 g

CARBS

Saturated Fat	9.8 g · 61% of daily needs
Fibre	1.6 g · 7% of daily needs
Sugar	52.1 g · 58% of daily needs
Sodium	1,185 mg · 52% of daily needs
Cholesterol	114 mg · 38% of daily needs
Vitamin C	11.2 mg · 14% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at [whatsheate.com/molasses-glazed-pork-roast-with-black-pepper-dumplings-142919](https://www.whatsheate.com/recipes/molasses-glazed-pork-roast-with-black-pepper-dumplings-142919)