



Mustard Fennel Pork Loin with Cumberland Pan Sauce

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 bay leaves
- 1 tablespoon cornstarch
- 1 tablespoon fennel seeds
- 0.3 teaspoon ground ginger
- 1.5 tablespoons kosher salt
- 1.5 tablespoons juice of lemon fresh
- 0.3 cup mustard coarse-grain

- 2 teaspoons olive oil for greasing
- 0.7 cup orange juice fresh
- 8 servings fatty pork
- 4 lb pork loin boneless organic (3 to 4 inches in diameter; preferably or sustainably raised)
- 0.3 cup port wine
- 3 tablespoons currant jelly
- 0.3 teaspoon salt
- 1 tablespoon butter unsalted
- 0.5 cup water

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- sieve
- roasting pan
- kitchen thermometer

Directions

- Discard center stem from bay leaves, then crumble leaves into grinder and pulse with kosher salt and fennel seeds until bay leaves are finely chopped.
- Discard any strings from loin if tied. Arrange loin, fat side up, lengthwise on a work surface. Holding knife horizontally, make a lengthwise cut about 1 1/2 inches deep along side of loin (do not cut all the way through). Open loin like a book, then pat dry inside and out. Rub 1 tablespoon mustard all over cut sides, then sprinkle with 1 teaspoon seasoned salt. Close loin and tie crosswise at 1-inch intervals with string. Rub olive oil evenly over roast, then rub with remaining mustard and sprinkle with remaining seasoned salt, pressing lightly to help adhere. Oil roasting rack, then transfer pork, fat side up, to rack set in roasting pan and marinate, loosely covered and chilled, at least 12 hours.

- Let pork stand at room temperature 30 minutes before roasting.
- While pork comes to room temperature, put oven rack in middle position and preheat oven to 450°F.
- Roast pork 25 minutes, then reduce oven temperature to 325°F and continue to roast until thermometer inserted diagonally 2 inches into center of meat registers 145°F, 35 to 45 minutes.
- Transfer pork to a platter (reserve roasting pan) and let stand, uncovered, 25 minutes.
- If there is fat in roasting pan, skim all but 1 tablespoon. Straddle roasting pan across 2 burners, then add 1/2 cup water and deglaze pan by boiling over high heat, stirring and scraping up brown bits, 1 minute.
- Add Port and boil 1 minute.
- Add orange and lemon juices, jelly, ginger, and salt, and cook, whisking, until jelly is dissolved.
- Whisk together remaining tablespoon water and cornstarch in a cup, then add to pan and boil, whisking, 1 minute.
- Remove from heat and whisk in butter, then pour sauce through a fine-mesh sieve into a bowl.
- Discard string from pork. Slice pork and serve with sauce and cracklings.
- *Available at some supermarkets, some specialty foods shops, and Niman Ranch (866-808-0340; nimanranch.com).
- Pork can be marinated up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:3.92, Inflammation Score:-4, Nutrition Score:24.66565223103%

Flavonoids

Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg, Petunidin: 0.66mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg, Malvidin: 9.48mg Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg, Peonidin: 0.39mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin:

2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg, Naringenin: 0.48mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 381.59kcal (19.08%), Fat: 12.27g (18.88%), Saturated Fat: 3.98g (24.86%), Carbohydrates: 10.66g (3.55%), Net Carbohydrates: 9.87g (3.59%), Sugar: 6.34g (7.04%), Cholesterol: 147.36mg (49.12%), Sodium: 1583.3mg (68.84%), Alcohol: 1.53g (100%), Alcohol %: 0.65% (100%), Protein: 51.62g (103.25%), Selenium: 66.02µg (94.32%), Vitamin B6: 1.74mg (86.85%), Vitamin B1: 1.05mg (70.15%), Vitamin B3: 13.28mg (66.39%), Phosphorus: 530.84mg (53.08%), Zinc: 4.22mg (28.1%), Potassium: 936.37mg (26.75%), Vitamin B2: 0.45mg (26.42%), Vitamin B12: 1.17µg (19.44%), Vitamin B5: 1.77mg (17.7%), Magnesium: 69.83mg (17.46%), Vitamin C: 12.29mg (14.9%), Iron: 1.65mg (9.15%), Copper: 0.17mg (8.6%), Manganese: 0.14mg (7.13%), Vitamin D: 0.93µg (6.22%), Vitamin E: 0.53mg (3.52%), Calcium: 32.12mg (3.21%), Fiber: 0.79g (3.16%), Folate: 8.29µg (2.07%), Vitamin A: 93.41IU (1.87%)