



Olympic Provisions' Porchetta Sandwich

 **Gluten Free**  **Dairy Free**

READY IN



2880 min.

SERVINGS



4

CALORIES



1797 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 bay leaves
- 2 tablespoons peppercorns black
- 4 servings chicken
- 2 tablespoons pepper
- 2 tablespoons fennel seeds
- 0.5 cup granulated sugar white
- 1 cup kosher salt
- 2 tablespoons olive oil

- 2 pound pork belly skinless
- 0.5 pound ground sausage italian
- 1 gallon water

Equipment

- frying pan
- oven
- pot
- roasting pan
- aluminum foil
- kitchen twine

Directions

- Combine water, salt, sugar, bay leaves, peppercorns, fennel seed, and chile flakes in large pot and bring to a boil. Cool to room temperature. Submerge belly in the brine and refrigerate for 24 hours.
- Drain off brine.
- Spoon 1/2 to 3/4 pound loose Italian sausage of your liking down the center of the belly.
- Roll the belly up tightly around the sausage and tie into a roast with kitchen twine.
- Preheat the oven to 350°F.
- Heat a wide, heavy-bottomed pan or wide pot over medium-high heat and add about 2 tablespoons of olive oil to coat the bottom of the pan.
- Place the porchetta roast in the pan and sear well on all sides, browning evenly. When roast is seared, place it in a roasting pan and tent loosely with foil.
- Place the pan in the oven and roast until the porchetta reaches an internal temperature of 135°F. Take out of the oven and cool. Chill thoroughly in the refrigerator overnight.
- Slice the chilled porchetta into desired thickness.
- Heat slices in 1 or 2 inches of chicken or meat broth or lightly salted water, until slices are cooked through, tender, and delicious.

Serve on your favorite bread and prepare yourself for a fine porchetta sandwich. Note: If you bring the roast up to 165°F, you can slice and serve it as a main course. Chilled slices of porchetta can also be pan-seared in fat.

Nutrition Facts

PROTEIN 11.36% **FAT 81.49%** **CARBS 7.15%**

Properties

Glycemic Index:32.52, Glycemic Load:18.17, Inflammation Score:-7, Nutrition Score:33.592173845872%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 1796.99kcal (89.85%), Fat: 162.6g (250.15%), Saturated Fat: 56.06g (350.36%), Carbohydrates: 32.14g (10.71%), Net Carbohydrates: 28.24g (10.27%), Sugar: 25.27g (28.08%), Cholesterol: 287.74mg (95.91%), Sodium: 28973.3mg (1259.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 50.98g (101.97%), Vitamin B3: 20.47mg (102.33%), Vitamin B1: 1.31mg (87.53%), Selenium: 49.11µg (70.16%), Manganese: 1.05mg (52.75%), Phosphorus: 519.6mg (51.96%), Vitamin B2: 0.84mg (49.23%), Vitamin B6: 0.96mg (47.98%), Vitamin B12: 2.76µg (45.96%), Zinc: 5.27mg (35.12%), Vitamin A: 1401.23IU (28.02%), Potassium: 970.52mg (27.73%), Iron: 4.92mg (27.31%), Copper: 0.53mg (26.48%), Vitamin E: 3.8mg (25.3%), Vitamin B5: 1.96mg (19.62%), Magnesium: 75.14mg (18.78%), Vitamin K: 18.25µg (17.38%), Fiber: 3.89g (15.56%), Calcium: 152.19mg (15.22%), Vitamin C: 4.28mg (5.19%), Folate: 15.55µg (3.89%), Vitamin D: 0.22µg (1.45%)