



## Pancetta Wrapped Roast Pork Loin Chop

READY IN



60 min.

SERVINGS



2

CALORIES



359 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1 teaspoon all purpose flour
- ☐ 1 cup chicken stock see homemade
- ☐ 2 servings coarse salt and pepper freshly ground to taste
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 1 clove garlic minced
- ☐ 2 tablespoon kosher salt
- ☐ 3 ounce pancetta thinly sliced fine (bacon is a substitute)
- ☐ 2 tablespoon rosemary finely chopped
- ☐ 2 tablespoon sugar

- ☐ 1 teaspoon butter    unsalted softened
- ☐ 2.5 cup water    room temperature

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ toothpicks
- ☐ kitchen thermometer
- ☐ stove
- ☐ kitchen twine

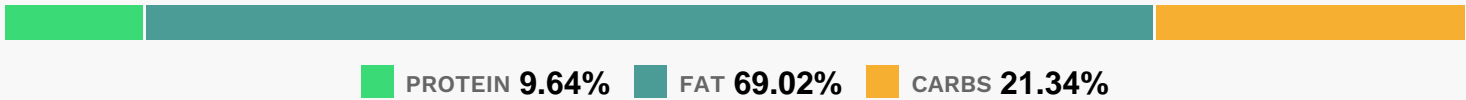
## Directions

- ☐ In a medium-sized bowl add the bay leaf pieces, water, sugar and salt.
- ☐ Mix well to dissolve sugar and salt.
- ☐ Put the pork loin chop into an appropriately sized a zip-lock bag.
- ☐ Pour the brining liquid into the bag and seal tightly. Removing as much air as possible. Set the bag into a bowl to avoid accidents and refrigerate 2-4 days. When ready to roast the pork. Pre-heat oven to 375 degrees F. Score a small x on the root end of each onion. This will make it peel more easily after it has roasted.
- ☐ Remove the pork from the marinade and dry it well. Rub the oil all over the meat and season it with salt and pepper.
- ☐ Sprinkle the pork with chopped rosemary and minced garlic on both sides. Wrap the pork very carefully with pancetta, overlapping strips slightly. Use toothpicks to secure pancetta, if necessary.
- ☐ Place a rosemary sprig on top; tie pork with kitchen twine, and remove toothpicks.
- ☐ Place pork in an ovenproof skillet or stovetop friendly baking dish. Scatter onions and rosemary sprigs around pork. Roast in oven, basting occasionally with cooking juices, until it reaches an internal temperature of 140 degrees on an instant-read thermometer, 30 to 35

minutes.

- ☐ Remove from oven.
- ☐ Transfer pork and onions to a platter; cover it loosely to keep warm.
- ☐ Add the softened butter and flour to a small bowl.
- ☐ Mix well. Set aside.
- ☐ Place the same skillet or dish you cooked the pork in over medium heat.
- ☐ Add the stock, scraping bottom to loosen browned bits. Bring to a boil; reduce liquid slightly, about 2 minutes.
- ☐ Whisk in butter mixture; cook until thickened. Season with salt and pepper. Slice pork in ½ pieces across the grain, and drizzle with sauce. Slip the skins off the onions and serve them with sliced pork and pan sauce.

## Nutrition Facts



## Properties

Glycemic Index:122.55, Glycemic Load:9.37, Inflammation Score:-4, Nutrition Score:6.609999983207%

## 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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 359.03kcal (17.95%), Fat: 27.71g (42.62%), Saturated Fat: 8.44g (52.75%), Carbohydrates: 19.27g (6.42%), Net Carbohydrates: 18.36g (6.68%), Sugar: 13.89g (15.43%), Cholesterol: 37.04mg (12.35%), Sodium: 7639.94mg (332.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.42%), Vitamin B3: 3.7mg (18.48%), Selenium: 11.95µg (17.07%), Vitamin B1: 0.18mg (12.04%), Vitamin B6: 0.24mg (12.01%), Phosphorus: 99.01mg (9.9%), Vitamin B2: 0.15mg (9.1%), Vitamin E: 1.29mg (8.58%), Copper: 0.15mg (7.68%), Potassium: 238.77mg (6.82%), Iron: 1.19mg (6.61%), Zinc: 0.81mg (5.4%), Calcium: 48.29mg (4.83%), Manganese: 0.09mg (4.65%), Magnesium: 18.09mg (4.52%), Vitamin K: 4.66µg (4.44%), Fiber: 0.91g (3.64%), Vitamin B12: 0.22µg (3.61%), Folate: 14.09µg (3.52%), Vitamin A: 144.5IU (2.89%), Vitamin B5: 0.25mg (2.52%), Vitamin C: 1.93mg (2.34%), Vitamin D: 0.21µg (1.38%)