



Porchetta



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



15

CALORIES



882 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons fennel seeds
- ☐ 1 tablespoon rosemary leaves fresh minced
- ☐ 2 tablespoons sage fresh minced
- ☐ 3 garlic clove minced
- ☐ 15 servings kosher salt
- ☐ 0.5 cranberry-orange relish seeded thinly sliced
- ☐ 5 pound pork belly fresh
- ☐ 1 pound round cake boneless trimmed ()

- ☐ 2 tablespoons pepper red crushed

Equipment

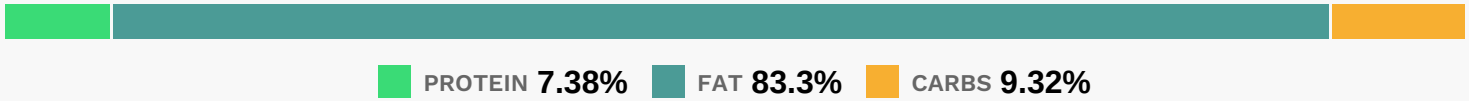
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ knife
- ☐ kitchen thermometer
- ☐ serrated knife
- ☐ kitchen twine

Directions

- ☐ Put belly skin side down; arrange loin in center.
- ☐ Roll belly around loin so the short ends of the belly meet. If any of the belly or loin overhangs, trim meat. Unroll; set loin aside.
- ☐ Toast fennel seeds and red pepper flakes in a small skillet over medium heat until fragrant, about 1 minute. Tip spices into a bowl; let cool. Finely grind spices in a spice mill and transfer to a small bowl, along with the sage, rosemary, and garlic; set fennel mixture aside.
- ☐ Assemble porchetta according to steps 1–
- ☐ Refrigerate roast, uncovered, for 1–2 days to allow skin to air-dry; pat occasionally with paper towels.
- ☐ Let porchetta sit at room temperature for 2 hours. Preheat oven to 500°F. Season porchetta with salt. Roast on rack in baking sheet, turning once, for 40 minutes. Reduce heat to 300°F and continue roasting, rotating the pan and turning porchetta occasionally, until an instant-read thermometer inserted into center of meat registers 145°F, 1 1/2–2 hours more. If skin is not yet deep brown and crisp, increase heat to 500°F and roast for 10 minutes more.
- ☐ Let rest for 30 minutes. Using a serrated knife, slice into 1/2" rounds.
- ☐ Set belly skin side down. Using a knife, score the belly flesh in a checkerboard pattern 1/3" deep so roast will cook evenly.

- ☐ Flip belly skin side up. Using aparing knife, poke dozens of 1/8"-deepholes through skin all over belly.Don't be gentle! Keep poking.
- ☐ Using the jagged edge of a meatmallet, pound skin all over for3 minutes to tenderize, which willhelp make skin crispy when roasted.
- ☐ Turn belly and generously saltboth it and loin; rub both with fennelmixture. Arrange loin down middleof belly. Top with orange slices.
- ☐ Roll belly around loin; tie crosswisewith kitchen twine at 1/2" intervals.Trim twine.
- ☐ Transfer roast to a wirerack set in a rimmed baking sheet.

Nutrition Facts



Properties

Glycemic Index:4.83, Glycemic Load:0.23, Inflammation Score:-3, Nutrition Score:16.65565215116%

Flavonoids

Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 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: 882.33kcal (44.12%), Fat: 81.35g (125.16%), Saturated Fat: 29.53g (184.55%), Carbohydrates: 20.48g (6.83%), Net Carbohydrates: 19.29g (7.01%), Sugar: 11.59g (12.88%), Cholesterol: 139.71mg (46.57%), Sodium: 449.29mg (19.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.21g (32.41%), Copper: 2.55mg (127.51%), Vitamin B1: 0.69mg (45.81%), Vitamin B3: 7.82mg (39.12%), Vitamin B2: 0.47mg (27.36%), Vitamin B12: 1.34µg (22.38%), Selenium: 15.17µg (21.68%), Phosphorus: 215.68mg (21.57%), Manganese: 0.26mg (13.08%), Vitamin B6: 0.25mg (12.54%), Zinc: 1.81mg (12.09%), Iron: 2.13mg (11.84%), Potassium: 365.43mg (10.44%), Vitamin A: 393.35IU (7.87%), Vitamin E: 1.08mg (7.18%), Vitamin B5: 0.56mg (5.57%), Calcium: 55.22mg (5.52%), Fiber: 1.19g (4.77%), Magnesium: 17.66mg (4.41%), Folate: 17.5µg (4.37%), Vitamin C: 3.25mg (3.94%), Vitamin K: 1.2µg (1.14%)