



Porchetta and Polenta

 Gluten Free

READY IN



195 min.

SERVINGS



20

CALORIES



244 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 bay leaf
- ☐ 3 pounds boston butt pork shoulder boneless trimmed
- ☐ 18 ounces polenta prepared cut into 1/4-inch-thick rounds
- ☐ 0.5 teaspoon fennel seeds
- ☐ 2 teaspoons fennel seeds plus more for sprinkling
- ☐ 2 teaspoons rosemary fresh chopped
- ☐ 16 sage leaves fresh chopped
- ☐ 3 cloves garlic chopped

- ☐ 1 lemon zest grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 20 servings olive oil extra-virgin for drizzling
- ☐ 20 servings pepper freshly ground
- ☐ 1 large onion red thinly sliced into rings
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 20 servings sea salt
- ☐ 3 tablespoons sugar
- ☐ 0.8 cup vinegar white

Equipment

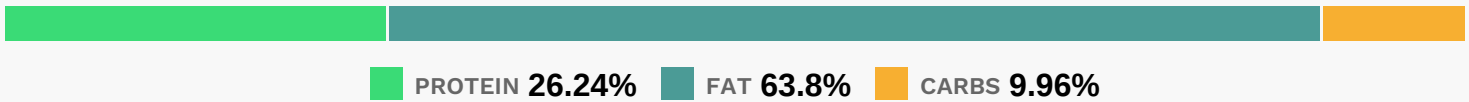
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Prepare the pork: To butterfly, slice down the middle of the pork with a sharp knife, about two-thirds of the way through. Open the meat like a book and pound with a mallet or heavy skillet into a 1-inch-thick rectangle, about
- ☐ by 14 inches. Preheat the oven to 350 degrees. Season the pork with about 1 1/2 teaspoons salt. In a small bowl, mix the lemon zest, garlic, 2 teaspoons fennel seeds, the sage, rosemary and 1 1/2 teaspoons pepper. Rub the mixture all over the pork, then roll it up tightly and tie with twine.

- ☐ Drizzle the roll with olive oil and rub all over; sprinkle with pepper and more fennel seeds. (The roll can be prepared up to 3 days in advance; refrigerate until roasting.)
- ☐ Place the pork roll on a rack in a shallow roasting pan. Roast until a thermometer inserted into the middle registers 180 degrees and the pork is crusty on the outside, about 2 hours.
- ☐ Let rest 15 minutes before slicing.
- ☐ While the pork roasts, make the pickled onions: Bring the vinegar, sugar, 1/4 teaspoon salt, the bay leaf, fennel seeds and red pepper flakes to a boil in a small saucepan over medium-high heat.
- ☐ Add the onion slices and simmer 1 minute, then remove from the heat and let the onion cool in the liquid. (Leftover pickled onions will keep in the liquid for weeks.)
- ☐ Place a large nonstick skillet over medium heat, add the olive oil and fry the polenta until golden and crisp, about 4 minutes per side.
- ☐ Drain on paper towels. To assemble, arrange the polenta on a platter or individual plates. Thinly slice the pork roll, then cut into bite-size pieces and pile on the polenta. Top with pickled onions and serve warm or at room temperature.
- ☐ Photograph by Jim Franco

Nutrition Facts



Properties

Glycemic Index:10.45, Glycemic Load:1.43, Inflammation Score:-1, Nutrition Score:10.138261040916%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 244.33kcal (12.22%), Fat: 17.12g (26.34%), Saturated Fat: 2.77g (17.33%), Carbohydrates: 6.01g (2%), Net Carbohydrates: 5.66g (2.06%), Sugar: 2.08g (2.31%), Cholesterol: 40.82mg (13.61%), Sodium: 232.51mg (10.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.85g (31.69%), Vitamin B3: 6.61mg (33.04%), Vitamin B1: 0.45mg (29.87%), Selenium: 18.41µg (26.29%), Vitamin B6: 0.51mg (25.57%), Vitamin B2: 0.32mg (18.93%),

Phosphorus: 162.79mg (16.28%), Vitamin E: 2.19mg (14.59%), Vitamin B12: 0.59µg (9.87%), Zinc: 1.37mg (9.16%),
Vitamin K: 9.07µg (8.64%), Copper: 0.16mg (8.18%), Potassium: 279.56mg (7.99%), Vitamin B5: 0.7mg (7%),
Magnesium: 21.01mg (5.25%), Iron: 0.82mg (4.57%), Manganese: 0.07mg (3.39%), Fiber: 0.35g (1.4%), Calcium:
12.67mg (1.27%), Vitamin C: 0.99mg (1.2%)