



HEALTH SCORE

52%

Pork Loin and Crackling with Hassel Back Potatoes



Gluten Free

READY IN



180 min.

SERVINGS



6

CALORIES



1345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups apple cider
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 cups cider vinegar
- ☐ 2 sprigs rosemary fresh
- ☐ 8 sprigs thyme leaves fresh
- ☐ 4 cloves garlic smashed
- ☐ 4 granny smith apples peeled cut into 1/2-inch pieces, see cook's note**

- ☐ 0.5 cup kosher salt
- ☐ 1 tablespoon kosher salt
- ☐ 1 tablespoon kosher salt
- ☐ 0.3 cup olive oil
- ☐ 4 pounds pork loin with a thick rind/fat cap, skin intact cut
- ☐ 1 star anise
- ☐ 1 cup sugar
- ☐ 0.3 cup butter unsalted
- ☐ 3 cups vidalia onions thinly sliced
- ☐ 24 small yukon gold potatoes

Equipment

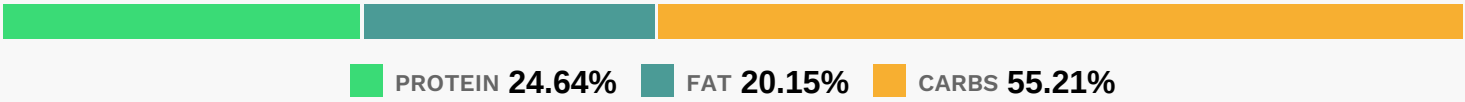
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ mixing bowl
- ☐ roasting pan
- ☐ potato masher
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ kitchen twine

Directions

- ☐ Special equipment: Special equipment: butcher's twine, a roasting pan and rack Special Equipment: Potato Masher
- ☐ Preheat the oven to 475 degrees F.
- ☐ Score the rind, using long, parallel slits 1/8 to 1/4-inch apart across the width of the loin; be careful to cut only halfway to the flesh (see Cook's Note**). Rub the rind with the salt, ensuring that the salt is rubbed well into the slits. Rub the rind with 1/2 of the olive oil.

- ☐ Flip the loin over and rub the flesh side with the remaining olive oil.
- ☐ Place the garlic, thyme, and rosemary up against the flesh. Using butcher's twine, tie the herbs to the loin.
- ☐ Place the loin on a rack in a roasting pan and roast for 30 minutes.
- ☐ Remove from the oven and arrange the potatoes at the bottom of the roasting rack. Reduce the heat to 425 degrees F. Return the roast to the oven to cook for 1 additional hour or until an instant-read thermometer poked into the center of the loin reaches 150 degrees F.
- ☐ Remove from the oven and let the loin rest for 30 minutes; the internal temperature will continue to rise about 10 degrees F, and the loin will finish cooking while it's resting (see Cook's Note***).
- ☐ Slice the "crackling" (crunch skin) off in 1 piece and cut into 1/4-inch strips. Slice the pork loin into 1/4-inch slices.
- ☐ Serve the pork loin warm with Cracklings, Hassel Back Potatoes, and Apple Chutney.
- ☐ Place a potato in the palm of a wooden spoon. Use a sharp knife to make cuts 3/4 of the way down the width of each potato about 1/8-inch apart. Toss the potatoes with olive oil, 1 tablespoon salt, and pepper in a large mixing bowl.
- ☐ Place the potatoes in the bottom of a roasting pan, evenly spaced apart. Cook underneath the roast during the last hour of cooking, until fork tender.
- ☐ Remove from the oven and sprinkle with additional salt and pepper, to taste.
- ☐ In a large saute pan, melt the butter over medium heat.
- ☐ Add the onion and 1 tablespoon of salt and cover.
- ☐ Saute until onions are translucent.
- ☐ Add the apple cider and increase to high heat. Reduce the cider until nearly evaporated.
- ☐ Add the vinegar and 1 cup sugar; stir until the sugar dissolves.
- ☐ Add the apples and star anise. Cover and reduce the heat to medium. Cook for 10 minutes.
- ☐ Remove the cover and continue to cook until thickened, about 10 minutes; stirring frequently.
- ☐ Add the 1/3 cup of remaining sugar.
- ☐ Remove star anise and mash until smooth.
- ☐ Transfer to a plate to cool.
- ☐ Serve warm or at room temperature with pork, chicken, or curried dishes.

Nutrition Facts



Properties

Glycemic Index:63.1, Glycemic Load:118.78, Inflammation Score:-10, Nutrition Score:55.971739126288%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg, Catechin: 2.56mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 12.84mg, Epicatechin: 12.84mg, Epicatechin: 12.84mg, Epicatechin: 12.84mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 6.53mg, Kaempferol: 6.53mg, Kaempferol: 6.53mg, Kaempferol: 6.53mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg Quercetin: 21.73mg, Quercetin: 21.73mg, Quercetin: 21.73mg, Quercetin: 21.73mg

Nutrients (% of daily need)

Calories: 1345.22kcal (67.26%), Fat: 30.1g (46.31%), Saturated Fat: 10.11g (63.21%), Carbohydrates: 185.55g (61.85%), Net Carbohydrates: 166.52g (60.55%), Sugar: 63.12g (70.13%), Cholesterol: 210.84mg (70.28%), Sodium: 11962.38mg (520.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.8g (165.59%), Vitamin B6: 4.49mg (224.41%), Vitamin C: 146.89mg (178.05%), Vitamin B1: 1.96mg (130.62%), Potassium: 4381.72mg (125.19%), Vitamin B3: 24.86mg (124.31%), Selenium: 86.98µg (124.26%), Phosphorus: 1122.45mg (112.24%), Manganese: 1.52mg (76.23%), Fiber: 19.03g (76.11%), Magnesium: 259.79mg (64.95%), Copper: 1.03mg (51.61%), Zinc: 7.71mg (51.43%), Vitamin B2: 0.86mg (50.75%), Vitamin B5: 4.49mg (44.87%), Iron: 8.05mg (44.73%), Folate: 131.85µg (32.96%), Vitamin B12: 1.56µg (25.97%), Vitamin K: 22.08µg (21.03%), Calcium: 152.41mg (15.24%), Vitamin E: 2.22mg (14.81%), Vitamin D: 1.35µg (9.01%), Vitamin A: 382.55IU (7.65%)