



Pork Rib Roast with Cranberry-Apricot Stuffing

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



273 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 servings pepper black freshly ground
- 3 tablespoons cognac
- 1 cup crème fraîche sour
- 0.5 cup dijon mustard
- 0.3 cup apricots dried coarsely chopped
- 0.3 cup cranberries dried
- 1 teaspoon fennel seeds crushed toasted

- 0.5 teaspoon kosher salt for seasoning
- 1 ribs center-cut pork roast (6-rib)
- 1 medium shallots minced
- 3 tablespoons butter unsalted softened
- 2 tablespoons vegetable oil
- 3 tablespoons water
- 0.3 cup almonds whole toasted chopped

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- wooden spoon
- kitchen thermometer
- aluminum foil

Directions

- Warm the cognac and water in a small saucepan, add the cranberries and apricots, and set aside until plump, about 10 minutes. In a small food processor, pulse the fruit and any unabsorbed liquid with the almonds, shallot, butter, fennel seeds, 1/2 teaspoon salt, and pepper, to taste, until the fruit and nuts are coarsely chopped.
- With a boning knife or other long, thin knife, make a cut 3 inches across in the center of one end of the roast. Gently push and work the blade in and straight through the roast to the other end. (If your knife isnt long enough, make a cut at either end and work your way to the center, making sure that the cuts meet.) Insert the narrow end of a wooden spoon into the opening to widen it a bit all the way through. Push the stuffing into the loin, working first from 1 end and then the other, filling to the center.

- Preheat the oven to 350 degrees F.
- Pat the loin dry and season all over with salt and pepper.
- Heat the oil in a large ovenproof skillet over medium-high heat.
- Add the roast, holding the bones up so that the bottom gets well browned, then turn the roast to brown the meaty side, about 6 minutes total.
- Transfer the skillet to the oven and roast the pork meat side down for 30 minutes. Turn the roast over so it sits on the bones and roast until an instant-read thermometer inserted into the center of the meat registers 155 degrees F, about 1 hour more.
- Transfer the roast to a carving board, tent loosely with foil, and let it rest for 10 minutes before carving.
- Whisk the creme fraiche or sour cream with the mustard in a small bowl and season with salt and pepper, to taste. Slice roast between the bones to make individual chops, arrange them on a platter, and serve, passing the mustard sauce.
- Know-How: Roasting meat on the bone keeps meat moist and improves its flavor. Pan-searing before roasting is the way to get a great burnished crust on lean meats that would otherwise dry out if left to brown solely in the oven.

Nutrition Facts

PROTEIN 5.36% **FAT 72.01%** **CARBS 22.63%**

Properties

Glycemic Index:25.4, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:6.8865217048189%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 273.41kcal (13.67%), Fat: 21.5g (33.07%), Saturated Fat: 8.45g (52.82%), Carbohydrates: 15.2g (5.07%), Net Carbohydrates: 12.39g (4.5%), Sugar: 10.94g (12.15%), Cholesterol: 37.77mg (12.59%), Sodium: 437.16mg (19.01%), Alcohol: 2.51g (100%), Alcohol %: 2.87% (100%), Protein: 3.6g (7.2%), Vitamin E: 2.73mg (18.23%), Manganese: 0.31mg (15.53%), Vitamin A: 689.99IU (13.8%), Selenium: 9.09µg (12.98%), Fiber: 2.81g (11.25%), Vitamin K: 10.65µg (10.14%), Vitamin B2: 0.16mg (9.32%), Phosphorus: 92.51mg (9.25%), Magnesium: 35.05mg (8.76%), Calcium: 80.4mg (8.04%), Potassium: 233.18mg (6.66%), Copper: 0.13mg (6.27%), Iron: 0.93mg (5.14%), Vitamin B1: 0.07mg (4.44%), Zinc: 0.52mg (3.49%), Vitamin B6: 0.07mg (3.44%), Vitamin B3: 0.63mg (3.17%), Vitamin B5: 0.29mg (2.93%), Folate: 8.74µg (2.19%), Vitamin B12: 0.09µg (1.55%), Vitamin C: 0.92mg (1.11%)