



Pork Roast with Winter Fruits and Port Sauce

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



640 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 pound california apricots dried cut into 1/2-inch pieces
- ☐ 2 teaspoons tapioca/arrowroot flour
- ☐ 1 tart apple such as granny smith peeled cut into 1/2-inch pieces
- ☐ 1 medium onion finely chopped
- ☐ 6 pound pork loin roast bone-in at room temperature (10 ribs)
- ☐ 0.5 cup ruby port
- ☐ 0.3 pound prune- cut to pieces pitted cut into 1/2-inch pieces
- ☐ 1 small shallots finely chopped

- ☐ 0.8 stick butter unsalted
- ☐ 1.5 cups water divided

Equipment

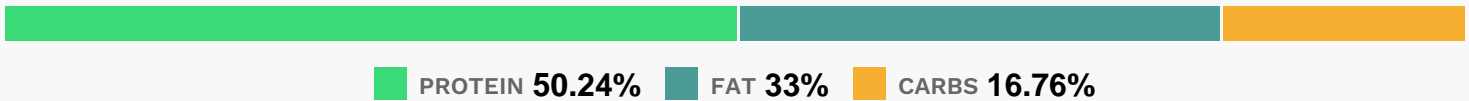
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ roasting pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Simmer apricots, prunes, and Port in a small heavy saucepan, covered, 5 minutes.
- ☐ Remove from heat and let stand 10 minutes.
- ☐ Cook onion and shallot in butter in a 12-inch heavy skillet over medium heat, stirring occasionally, until softened, 4 to 5 minutes.
- ☐ Add apple and 1/2 teaspoon each of salt and pepper and cook, stirring occasionally, until apple is just tender, about 5 minutes. Stir in apricot mixture and cool.
- ☐ Preheat oven to 500°F with rack in middle.
- ☐ Make a pocket in center of roast by making a horizontal 1 1/2-inch-wide cut into 1 end of roast with a long thin knife, repeating from opposite end so pocket runs all the way through. Then make a vertical cut through center (forming a cross) to widen pocket. Push about 1 cup stuffing into pocket using a long-handled wooden spoon (you may need to stuff from both sides if roast is long). Reserve remaining stuffing for sauce.

- ☐ Season roast with 1 1/2 teaspoons salt and 1/2 teaspoon pepper and put in a large flameproof roasting pan. Wrap with bacon, between rib bones, tucking ends under roast. Roast pork 20 minutes, then reduce oven to 325°F and roast until an instant-read thermometer inserted 2 inches into center of roast (do not touch bone or stuffing) registers 155°F, 1 1/4 to 1 1/2 hours total.
- ☐ Transfer roast to a cutting board, reserving pan, and let stand, loosely covered with foil, 15 to 20 minutes. (Temperature of meat will rise to about 160°F; meat will be slightly pink.)
- ☐ Skim fat from pan drippings and reserve 1 1/2 tablespoons fat. Straddle pan across 2 burners and add Port to drippings, then deglaze pan by boiling over high heat, stirring and scraping up brown bits, 1 minute. Strain pan juices through a fine-mesh sieve into a bowl, discarding solids.
- ☐ Cook shallot in reserved fat in a heavy medium saucepan over medium heat, stirring occasionally, until softened, about 3 minutes. Stir in pan juices, 1 1/4 cups water, and reserved fruit stuffing and bring to a simmer.
- ☐ Whisk together arrowroot and remaining 1/4 cup water until smooth, then whisk into sauce with any juices from cutting board.
- ☐ Simmer sauce, whisking occasionally, until slightly thickened, about 5 minutes. Season with salt and pepper.
- ☐ Carve roast into chops by cutting between ribs, then serve with sauce.
- ☐ •Stuffing can be made 2 days ahead and chilled. •Uncooked roast improves in flavor if stuffed, seasoned, and wrapped with bacon 1 day ahead and chilled. Bring to room temperature before roasting.

Nutrition Facts



Properties

Glycemic Index:29.55, Glycemic Load:6.91, Inflammation Score:-7, Nutrition Score:34.624347961467%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg, Petunidin: 0.99mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg, Malvidin: 14.22mg Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg, Peonidin: 0.59mg Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg, Catechin: 1.77mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Epigallocatechin 3-gallate:

0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

Nutrients (% of daily need)

Calories: 640.34kcal (32.02%), Fat: 22.59g (34.75%), Saturated Fat: 9.72g (60.72%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 22.87g (8.32%), Sugar: 17.34g (19.26%), Cholesterol: 237.1mg (79.03%), Sodium: 174.3mg (7.58%), Alcohol: 2.3g (100%), Alcohol %: 0.61% (100%), Protein: 77.37g (154.74%), Selenium: 94.88µg (135.54%), Vitamin B6: 2.65mg (132.74%), Vitamin B1: 1.53mg (102.11%), Vitamin B3: 20.26mg (101.29%), Phosphorus: 797.59mg (79.76%), Potassium: 1611.82mg (46.05%), Zinc: 6.31mg (42.08%), Vitamin B2: 0.69mg (40.56%), Vitamin B12: 1.75µg (29.22%), Vitamin B5: 2.72mg (27.25%), Magnesium: 104mg (26%), Vitamin A: 898.99IU (17.98%), Copper: 0.32mg (15.8%), Iron: 2.48mg (13.78%), Fiber: 2.95g (11.82%), Vitamin D: 1.52µg (10.13%), Vitamin K: 10.2µg (9.71%), Vitamin E: 1.41mg (9.38%), Manganese: 0.16mg (7.87%), Calcium: 42.06mg (4.21%), Vitamin C: 2.54mg (3.08%), Folate: 6.73µg (1.68%)