



Prosciutto-Wrapped Pork Loin with Roasted Apples

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 medium apples halved quartered (such as Granny Smith or Fuji)
- 0.5 teaspoon pepper black freshly ground
- 0.5 teaspoon pepper black freshly ground plus more for seasoning
- 2 tablespoons calvados
- 0.8 cup apples dried
- 1 cup the following: parmesan rind) dried whole
- 1.5 teaspoons rosemary dried

- 1.5 teaspoons thyme dried
- 1 cup cider dry hard
- 1 tablespoon garlic finely minced
- 1 pound ground pork
- 1 pound kale trimmed
- 1 teaspoon kosher salt plus more for seasoning
- 2 teaspoons kosher salt plus more
- 0.5 cup chicken stock see
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 cup onion minced
- 3 ounces pancetta thinly sliced
- 5 sprigs rosemary
- 2 tablespoons butter unsalted ()
- 3 tablespoons butter unsalted divided

Equipment

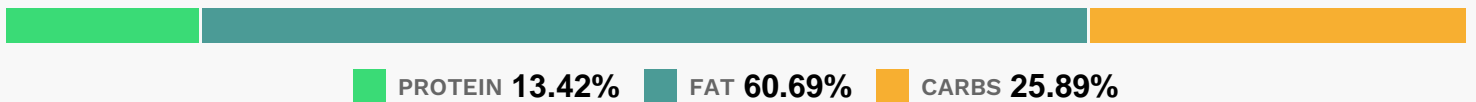
- bowl
- frying pan
- baking sheet
- oven
- knife
- whisk
- plastic wrap
- roasting pan
- kitchen thermometer
- stove
- tongs
- meat tenderizer
- kitchen twine

Directions

- Place dried mushrooms and dried apples in separate small bowls.
- Add 1 cup boiling water to each bowl.
- Let mushrooms and apples soak until very soft, about 30 minutes. Strain mushrooms. Cover and chill soaking liquid (about 3/4 cup).
- Drain apples, discarding soaking liquid. Finely chop mushrooms and apples, combine in a small bowl, and set mushroom and apple mixture aside.
- Meanwhile, blanch kale in boiling salted water just until wilted, about 1 minute. Using tongs, transfer kale to a rimmed baking sheet. Refrigerate until cool.
- Remove any large, tough ribs.
- Melt butter in a large skillet over medium heat.
- Add onion; cook, stirring often, until soft and lightly golden, about 8 minutes.
- Add mushrooms and apples; cook, stirring occasionally, until flavors meld, about 5 minutes. Stir in garlic, thyme, and rosemary; cook for 1 minute.
- Add brandy and cook until liquid is absorbed, about 1 minute. Stir in 2 teaspoons salt and 1/2 teaspoon pepper.
- Transfer mixture to a bowl and let cool completely.
- Add ground pork and stir to combine well.
- To butterfly, put pork loin on a work surface with short end facing you. Holding a long, thin sharp knife parallel to work surface and beginning along one long side, cut 1/2" above underside of roast. Continue slicing inward, pulling back the meat with your free hand and unrolling the roast like a carpet, until the entire loin is flat. Cover with a sheet of plastic wrap. Using a meat mallet, pound to an even thickness.
- Uncover pork. Season with 1 teaspoon salt and 1/2 teaspoon pepper.
- Place kale leaves on top of loin in an even layer, overlapping as needed and leaving a 1" border.
- Spread filling on top of kale.
- Roll pork into a tight cylinder. Wrap one layer of prosciutto around roast. Tie roast securely with kitchen twine in 1" intervals. Tuck rosemary sprigs under twine, spacing apart. **DO AHEAD:** Pork roast can be made 1 day ahead. Cover and chill.
- Let stand at room temperature for 1 hour before continuing.

- Preheat oven to 400F.
- Place apples in a roasting pan. Melt 1 tablespoon butter with oil in a large skillet. Brown pork on all sides, about 5 minutes total, then set on top of apples in pan.
- Add cider and 1/2 cup water to skillet and bring to a boil, scraping up browned bits.
- Pour mixture into roasting pan. Roast pork until an instant-read thermometer inserted into center of loin registers 140F (it will be cooked medium but still slightly pink), about 1 hour 40 minutes.
- Let roast rest for at least 20 minutes and up to 2 hours.
- Put roast on a platter. Reserve apples from roasting pan; spoon off fat from juices in pan.
- Place pan on top of stove over medium-high heat.
- Add chicken stock.
- Pour in reserved mushroom liquid, leaving any sediment behind, and cook, scraping bottom of pan to release any browned bits, until slightly thickened, about 5 minutes.
- Whisk in remaining 2 tablespoons butter and season to taste with salt and pepper. Strain sauce; slice pork.
- Serve sauce and apples alongside sliced pork.
- Wine suggestion: Try pairing this pork with a big red like Tenuta dell'Ornellaia 2009 Le Volte, Tuscany (\$25).

Nutrition Facts



Properties

Glycemic Index:46.13, Glycemic Load:5.26, Inflammation Score:-10, Nutrition Score:26.598695806835%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 14.38mg, Isorhamnetin: 14.38mg, Isorhamnetin: 14.38mg, Isorhamnetin: 14.38mg Kaempferol: 26.8mg, Kaempferol: 26.8mg, Kaempferol: 26.8mg, Kaempferol: 26.8mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 20.53mg, Quercetin: 20.53mg, Quercetin: 20.53mg, Quercetin: 20.53mg

Nutrients (% of daily need)

Calories: 421.31kcal (21.07%), Fat: 28.13g (43.28%), Saturated Fat: 11.06g (69.15%), Carbohydrates: 27g (9%), Net Carbohydrates: 20.86g (7.58%), Sugar: 16.49g (18.33%), Cholesterol: 67.1mg (22.37%), Sodium: 1037.48mg (45.11%), Alcohol: 2.73g (100%), Alcohol %: 1.11% (100%), Protein: 14g (28%), Vitamin K: 229.84µg (218.9%), Vitamin A: 5951.91IU (119.04%), Vitamin C: 59.94mg (72.66%), Vitamin B1: 0.55mg (36.88%), Manganese: 0.55mg (27.73%), Selenium: 19µg (27.14%), Vitamin B2: 0.44mg (26.09%), Fiber: 6.14g (24.56%), Vitamin B6: 0.46mg (22.95%), Vitamin B3: 4.49mg (22.46%), Phosphorus: 183.54mg (18.35%), Potassium: 625.4mg (17.87%), Calcium: 174.68mg (17.47%), Copper: 0.31mg (15.4%), Vitamin B5: 1.37mg (13.74%), Zinc: 2.01mg (13.4%), Folate: 52.07µg (13.02%), Iron: 2.13mg (11.85%), Magnesium: 45.29mg (11.32%), Vitamin E: 1.36mg (9.06%), Vitamin B12: 0.46µg (7.75%), Vitamin D: 0.31µg (2.07%)