



Roasted Double Rack of Pork with Morel Mushroom Pan Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



38 kcal

SIDE DISH

Ingredients

- 2 tablespoons kosher salt
- 2 tablespoons rosemary leaves fresh chopped
- 2 tablespoons sage fresh chopped
- 3 large garlic clove
- 1 tablespoon pepper black
- 12 servings mushrooms
- 3 tablespoons olive oil

- 11 pounds pork neck bones racks of
- 2 shallots quartered

Equipment

- bowl
- frying pan
- oven
- roasting pan
- kitchen thermometer
- ziploc bags

Directions

- Chop garlic and quartered shallots in mini processor. Scrape down bowl.
- Add next 5 ingredients; blend until paste forms.
- Arrange roasts, bone side down, on work surface. Make 6 to 8 shallow slits in fat on each. Rub some of herb paste into slits. Rub remaining herb paste all over roasts. Stand roasts in large roasting pan, bone sides facing each other and rib bones pointing upward. Interlock ends of rib bones, pushing roasts together. (Can be made 1 day ahead. Cover and chill. Uncover; let stand 2 hours at room temperature before continuing.)
- Position rack in bottom third of oven and preheat to 350°F. Roast until thermometer inserted into pork from center of top registers 140°F, about 1 hour 20 minutes.
- Remove pan from oven; let pork rest 20 to 30 minutes (internal temperature will rise 5 to 10 degrees; meat will be faintly pink).
- Transfer roasts, still interlocked, to platter; reserve roasting pan with juices for sauce.
- Cut between ribs into chops.
- Serve with mushroom pan sauce.
- If you prefer well-done pork, we recommend brining it before roasting so it doesn't dry out. Stir 1 cup kosher salt, 1/2 cup dark brown sugar, and 1/2 cup pure maple syrup into 12 cups water.
- Add 6 cups ice; place brine and pork in resealable plastic bag; refrigerate 24 to 48 hours. Pat roasts dry before continuing; reduce the salt in the rub to 1 tablespoon. Roast to 165°F.

Nutrition Facts

PROTEIN 2.9% FAT 81.58% CARBS 15.52%

Properties

Glycemic Index:10.33, Glycemic Load:0.31, Inflammation Score:-1, Nutrition Score:5.5891304127872%

Flavonoids

Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 38.42kcal (1.92%), Fat: 3.6g (5.53%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.14g (0.41%), Sugar: 0.36g (0.4%), Cholesterol: 0mg (0%), Sodium: 1163.72mg (50.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.29g (0.58%), Copper: 3.05mg (152.45%), Manganese: 0.19mg (9.73%), Vitamin E: 0.51mg (3.41%), Vitamin K: 2.97µg (2.83%), Fiber: 0.4g (1.62%), Iron: 0.28mg (1.55%), Vitamin B6: 0.03mg (1.36%), Calcium: 13.51mg (1.35%), Magnesium: 4.04mg (1.01%)