



WHATSheATE



## Roasted Salt-and Spice-Packed Pork Loin



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 teaspoon pepper black freshly ground ()
- ☐ 1 teaspoon coarse kosher salt ()
- ☐ 1 ounces fennel seeds freshly ground
- ☐ 1 ounce juniper berries freshly ground
- ☐ 2 tablespoons olive oil
- ☐ 5 pound pork rib roast bone-in fat trimmed
- ☐ 1 cup water
- ☐ 1 ounces allspice whole freshly ground

## Equipment

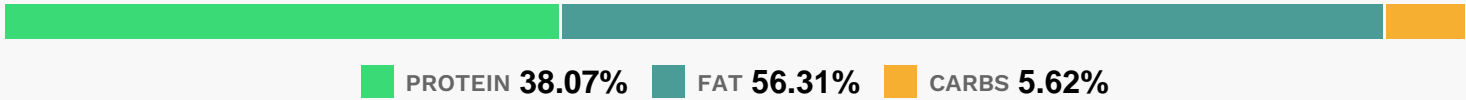
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ roasting pan

## Directions

- ☐ Position rack in center of oven and preheat to 250°F.
- ☐ Sprinkle pork roast all over with 1 teaspoon coarse salt, 1 teaspoon pepper, and fennel seeds, patting to adhere.
- ☐ Heat olive oil in heavy large roasting pan over medium-high heat.
- ☐ Place pork, fat side down, in pan. Cook until brown on all sides and on ends, holding pork upright with tongs when necessary, about 12 minutes.
- ☐ Transfer pork to baking sheet and cool completely, about 20 minutes.
- ☐ Combine 8 cups coarse salt, 2/3 cup black pepper, allspice, and juniper berries in same roasting pan. Stir to blend.
- ☐ Add 1 cup water and stir to moisten. Push 2/3 to 3/4 of salt mixture to 1 side of pan, spreading remaining salt in long wide strip (about size of roast) as base for pork.
- ☐ Place pork, bone side down, on salt base. Pack remaining salt over entire roast, enclosing completely.
- ☐ Roast pork in salt crust until instant-read thermometer inserted straight down into pork from top center registers 165°F, about 2 1/2 hours.
- ☐ Transfer roasting pan to work surface.
- ☐ Let pork rest 10 to 20 minutes.
- ☐ Remove all salt from around pork.
- ☐ Transfer pork to cutting board, brushing off any remaining salt. Position roast so that bones are vertical.
- ☐ Cut between bones and meat to remove bone slab in 1 piece.
- ☐ Place bone slab on platter. Arrange roast atop bones in original position. Carve roast and serve.

- ☐
- \* Sold in the spice aisle of most supermarkets.
- ☐
- With the pork, pour aCôtes du Rhône. We like the Domaine
- ☐
- Rouge-Bleu 2007 "Mistral" (France, \$18).Its blackberry and earthy flavors and anisenotes complement the meat deliciously.
- ☐
- Bon Appétit

## Nutrition Facts



## Properties

Glycemic Index:5.88, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:25.581304380427%

## Nutrients (% of daily need)

Calories: 411.48kcal (20.57%), Fat: 25.56g (39.33%), Saturated Fat: 5g (31.26%), Carbohydrates: 5.74g (1.91%), Net Carbohydrates: 3.5g (1.27%), Sugar: 0g (0%), Cholesterol: 108.52mg (36.17%), Sodium: 402.91mg (17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.89g (77.78%), Manganese: 13.8mg (689.76%), Selenium: 66.53µg (95.05%), Vitamin B6: 1.28mg (64.21%), Vitamin B3: 12.16mg (60.82%), Vitamin B1: 0.86mg (57.14%), Phosphorus: 401.48mg (40.15%), Zinc: 3.64mg (24.23%), Potassium: 730.99mg (20.89%), Vitamin B2: 0.33mg (19.64%), Vitamin B12: 1.01µg (16.84%), Magnesium: 62.19mg (15.55%), Vitamin B5: 1.3mg (13%), Calcium: 114.79mg (11.48%), Iron: 2.06mg (11.43%), Copper: 0.18mg (9.25%), Fiber: 2.24g (8.96%), Vitamin D: 1.31µg (8.73%), Vitamin E: 0.73mg (4.87%), Vitamin C: 2.13mg (2.59%), Vitamin K: 2.52µg (2.4%)