

Food Therapy

NEWSTALK
610
C K T B

Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

Lynn's Favourite Porchetta

1 butcher made Porchetta half or whole

-- or --

1 5 to 6 pound pork shoulder,
butterflied with the skin on

Seasonings:

1/2 cup (125 mL) extra virgin olive oil

8 or more garlic cloves

1/2 teaspoon (2.5 mL) or more red chili flakes

1/2 cup (125 mL) fresh rosemary leaves

sea salt and freshly ground black pepper



Recipe courtesy of Lynn Ogryzlo
www.lynnogryzlo.ca

Episode #45: How to Achieve Your
Health Goals for 2021

Email Lynn with questions or comments at
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If you're making the porchetta yourself, put all the seasoning ingredients in a small food processor and pulse until it is still a bit chunky. Now baste all of it over the inside of the butterflied pork shoulder and roll it up, skin side on the outside. If the pork shoulder doesn't have the skin intact, ask your butcher for a piece to wrap the roast with.

Preheat oven to 500F (250C). Start with the roast at room temperature, on a rack in a roasting pan. Fill the bottom of the roasting pan with water, no less than 1/2-inch on the bottom. It should not touch the bottom of the porchetta. Cook it for 40 minutes to an hour. You're crisping the skin.

Turn the oven down to a low 300F (150C) and cook for 20 minutes per pound. It will take approximately 4 hours for a whole porchetta. Do not open the oven door and baste it. When it is done, remove it from the oven and let rest for 30 minutes. The skin keeps it hot inside so more resting time is necessary than you would normally give a roast.

You can remove the entire skin before you slice the juicy meat inside. I don't because I like a lot of crunchy bits of skin in with my yummy meat. Use a very sharp knife for carving, the meat is so tender you will tear it apart with a dull knife. Take the pan juices and pour off the fat. The rest makes beautiful gravy or use Chimichurri.

Serves 4 with loads of leftovers or up to 10.

Porchetta can be made from the loin, the belly or the shoulder. Massive amounts of herbaceous flavours and seasonings are layered on top of a butterflied piece of pork, rolled tightly with a layer of pig skin around it, then sewn together into a roast. You get the most delicious bits of crackling on the skin; it's like candy. The pork is rich, luscious, very savoury, sexy, succulent and – a total herbaceous blast when you bite into it.

Because What You Put In Your Body Matters!