

Porchetta

Menu Description: rolled pork belly toscana, fennel, celery seeds, potatoes, spinach, roasted tomato

Serving Size: 12 Servings

Categories: Sabatini's



Cost Per Serving	
\$	1.59

Action	Date	Initials
Created:	3.7.17	AJ
Revised:	3.9.17	AJ
	3/22/17	EA

Amount	Measure	Ingredient	Preparation Method	Product No.
0.600	kg	Pork Loin	pounded thin	20-100001616
2.100	kg	Pork Belly	pounded thin	20-100016436
0.050	kg	Rosemary, fresh	Fresh	20-100000879
0.030	kg	Sage, fresh	Fresh	20-100000880
0.050	kg	Garlic	Fresh	20-100000869
0.030	kg	Fennel, fresh	Fresh	20-100000816
0.020	kg	Fennel Seeds		20-100001285
0.020	kg	Red Chili Flakes		20-100001275
0.110	Kg	Lemon Zest		20-100000771
0.500	lt	White Wine		20-100001689
0.004	lt	Vegetable Oil		20-100001608
		salt & pepper to taste		
Roasted Potatoes:				
0.360	Kg	Potato	baton cut	20-100000845
0.020	Lt	Olive Oil		20-100001607
0.010	Kg	Rosemary, fresh	fine chopped	20-100000879
0.010	Kg	Thyme, fresh	fine chopped	20-100000886
0.010	Kg	Sage, fresh	fine chopped	20-100000880
0.005	Kg	Garlic		20-100000869
		salt & pepper to taste		
Sun Blast Tomatoes:				
0.360	Kg	Tomato	cut in half	20-100000861
0.100	Lt	Olive Oil		20-100001607
0.060	Kg	Sugar		20-100001065
0.030	Kg	Thyme, fresh	fine chopped	20-100000886
0.030	Kg	Rosemary, fresh	fine chopped	20-100000879
0.030	Kg	Garlic	fine chopped	20-100000869
		salt & pepper to taste		
Sauteed Spinach:				
0.360	Kg	Spinach	sauté	20-100000849
0.010	Lt	Olive Oil		20-100001607
0.010	Kg	Garlic	crushed	20-100000869
		salt to taste		

Method of Preparation:

Pork Belly:

- 1- Clean the pork belly removing excess fat, if any.
- 2- Finely chop the fennel, garlic, rosemary, sage, and add the sea salt pepper and lemon zest to the chopped herbs.
- 3- Fill the pork belly with the herb mixture and season the pork loin at the same time.
- 4- Before baking the meat, cut the engravings into the skin of the belly and close it again.
- 5- Tie them together to avoid them opening up.
- 6- Grease with the vegetable oil and cook in a preheated 200°C oven for approximately 2 hours.
- 7- Moisten often with white wine and when it begins to become crispy, cover the roast with paper.

Roasted Potato:

- 1- Cut potato in baton and boil in salt water for a few minutes.
- 2- Strain potatoes and dry. Mix potatoes together with rosemary, thyme, vegetable oil, and sage.
- 3- Bake at 175 °c for 20 minutes or until crispy and golden. Sprinkle with salt before serving.

Sun Roasted Tomato:

- 1- Blanch the tomatoes in boiling water for ten to twelve seconds and immerse them in ice cold water. Remove from the ice and peel the tomatoes.
- 2- Cut the tomatoes in half length ways.
- 3- Marinate with the ingredients. Place on a baking tray and allow to dry under the heat lamps in the kitchen until dehydration starts.
- 4- Place into a container and sprinkle with a little olive oil.

Sauteed Spinach:

- 1- Sauté olive oil and crushed garlic in a pan until garlic is golden brown.
- 2- Add spinach with a little water and salt. Cover for 20 seconds. Remove cover toss and serve.