

Lemon & Herb Stuffed Pork Roast

Ingredients

1 - 6- to 7-pound boneless pork roast, excess fat trimmed to 1/4-inch thickness; butterflied
1/4 cup chopped fennel fronds
2 - 1/2 oz package fresh rosemary, de-stemmed and chopped
1 -1/2 oz package fresh sage leaves, chopped
6 garlic cloves, grated or mashed to a paste (use Gourmet Garden Chunky equivalent)
Finely grated zest of 1 lemon
1 tablespoon sea salt
2 teaspoon fennel seed
3/4 teaspoon red pepper flakes (optional)
1/4 cup extra-virgin olive oil

PREPARATION

Prepare and butterfly the roast to about an inch to an inch and a half thick.

In a food processor combine fennel fronds, rosemary, sage, garlic, lemon zest, salt, fennel seed, and optional red pepper flakes. Pour in oil. Pulse until it forms a paste. Rub all over pork. Roll the pork into a roast form and tie with kitchen string at 2-inch intervals. Transfer to a large bowl and cover with plastic wrap. Refrigerate at least 3 hours (or up to overnight).

Remove pork from refrigerator an hour before you want to cook it. Slice the lemon used to create the zest into at least 12 thin slices. Using toothpicks to hold, cover the roast with the slices. Drizzle a thin stream with olive oil over the lemon-covered roast. Heat oven to 450 degrees. Transfer pork to a rimmed baking sheet and roast 30 minutes. Reduce temperature to 325 degrees and cook an additional 3 to 4 hours, until a thermometer inserted into the thickest part of the meat reads 160 degrees, which will give you sliceable, tender meat.

NOTE: The lemon slices will char. I removed them at that point and continued cooking until the temperature above.

Transfer pork to a cutting board and let rest 15 to 30 minutes before serving.

