

Honey-Glazed Pork Roast with Cauliflower, Red Pepper, and Red Onion Confit

Spice of Life | October 2008



Marinate the pork roast for up to 24 hours in a paste of spices, vinegar, and honey.

PREP: 45 MINUTES MARINATE: 4-24 HOURS ROAST: 2 HOURS
STAND: 15 MINUTES OVEN: 450°F/350°F

- 1 6-LB. (8-RIB) PORK LOIN CENTER RIB ROAST
- 3 TBSP. CANOLA OIL
- 3 TBSP. HONEY
- 3 TBSP. CIDER VINEGAR
- 1 TBSP. DRIED THYME, CRUSHED
- 1 TBSP. FRESHLY GROUND BLACK PEPPERCORNS
- 1 TBSP. GROUND CUMIN
- 1 TBSP. GARAM MASALA
- 2 TSP. KOSHER SALT
- 1/4 TSP. CAYENNE PEPPER
- 1/3 CUP CANOLA OIL
- 1 MEDIUM HEAD CAULIFLOWER, BROKEN INTO SMALL FLORETS
- 2 MEDIUM RED ONIONS, CUT INTO THIN WEDGES
- 3 RED AND/OR YELLOW SWEET PEPPERS, CUT INTO BITE-SIZE STRIPS
- 1 1/2 TSP. KOSHER SALT
- 1 1/2 TSP. FRESHLY GROUND BLACK PEPPERCORNS
- 1/2 TSP. GARAM MASALA

Have butcher loosen but not remove backbone. Line a baking sheet with plastic wrap. Place pork atop; set aside.

To make the spice paste, whisk 3 tablespoons canola oil, honey, vinegar, thyme, 1 tablespoon peppercorns, ground cumin, 1 tablespoon garam masala, 2 teaspoons kosher salt, and cayenne in a medium bowl. Rub into the pork roast, taking care to get in between the bones and meat. Cover the roast with plastic wrap. Place in a shallow pan and marinate for 4 hours or overnight.

Grease a sturdy roasting pan and roasting rack with 1 tablespoon of the remaining canola oil. Place pork on rack in pan, fat side up. Cover loosely with foil and roast in a 450°F oven 30 minutes. Decrease oven temperature to 350°F.

Meanwhile, prepare the vegetables. In a very large bowl combine cauliflower, red onions, and sweet peppers. In a small bowl whisk together remaining canola oil, 1 1/2 teaspoons kosher salt, 1 1/2 teaspoons ground black pepper, and 1/2 teaspoon garam masala; pour over vegetables and toss to coat.

Remove roasting pan from oven. Remove foil. Carefully drain all but 1 tablespoon of fat from the roasting pan and add the vegetables to the pan. Stir to coat with fat and place the roast, fat side up, over the vegetables. Roast for an additional 1 1/2 to 2 hours or until a meaty part of the roast reaches 150°F. Cover the roast with aluminum foil and let it rest for 15 minutes (the pork's internal temperature will increase to 155°F to 160°F). Carve the roast and serve with the vegetables on the side. Makes 8 servings.

Per serving: 474 cal., 24 g total fat (4 g sat. fat), 109 mg chol., 990 mg sodium, 18 g carbo., 4 g dietary fiber, 45 g protein.