

## Wood Roasted Pork with Fennel and Mushrooms

Earth Day Dinner | April 2007



*If you can't find fennel bulbs, which have a lovely subtle anise flavor, substitute onion wedges.*

- 1 TSP. CORIANDER SEEDS
- 1 TSP. FENNEL SEEDS
- 1 TSP. CUMIN SEEDS
- 1/2 TSP. KOSHER SALT
- 2 CLOVES GARLIC, CUT UP
- 2 TBSP. EXTRA-VIRGIN OLIVE OIL
- 1 3-3 1/2-LB. PORK LOIN CENTER RIB ROAST 4-5 FENNEL BULBS, TRIMMED, CORED, AND CUT INTO 6 WEDGES EACH
- 1/2 LB. ASSORTED FRESH MUSHROOMS, SUCH AS STEMMED SHIITAKE OR OYSTER, CREMINI, OR BUTTON, SLICED
- 1 CUP DRY WHITE WINE
- 3 TBSP. EXTRA-VIRGIN OLIVE OIL
- 1/2 TSP. KOSHER SALT

Place coriander, fennel, and cumin seeds and 1/2 teaspoon salt in a spice grinder or clean coffee grinder. Process until finely ground. Add garlic; process until mixture is a thick paste. Transfer mixture to a small bowl; stir in 2 tablespoons olive oil. Trim some of the fat from the roast. Rub spice mixture onto pork roast. Cover loosely and chill for 1 hour.

Toss together the fennel wedges, mushrooms, wine, 3 tablespoons olive oil, and 1/2 teaspoon salt in a large roasting pan. Place the pork roast, bone side down, atop the vegetable mixture in pan. Insert an oven-safe meat thermometer in center of roast.

Roast, uncovered, in a 400° oven for 1 to 1 1/4 hours or until desired doneness. For a roast with a pink center, remove roast when thermometer reaches 145°. For a roast with a slightly pink center, remove roast when thermometer reaches 150°. Transfer roast to a cutting board; cover tightly with foil and let stand for 15 minutes. The temperature of the roast will rise about 10° upon standing.

Transfer vegetable mixture to a serving platter; keep warm. Slice the roast between the bones. Or, to cut the roast from the bone, work a knife between the rib bones and the loin. Slice pork to serve. Place pork atop vegetables. Spoon cooking juices from pan atop pork and vegetables to serve. Makes 6 to 8 servings.

Per serving: 462 cal., 22 g fat (5 g sat. fat), 107 mg chol., 439 mg sodium, 15 g carbo., 5 g fiber, 46 g pro.