ITALIAN · DINNER · LUNCH

Porchetta (Rolled Pork Belly with Fennel and Rosemary)

330 min · plus 1–2 days drying in the fridge · Serves 8 · 1,248 kcal a serve · Video 6:29 · RecipeTin Eats

Paleo · Gluten-free ingredients · No dairy listed · No nuts listed

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The cook allows about 300 g of raw belly a person, so this is a very big, rich serve: about 1,250 kcal and 48 g protein with all the belly's fat counted, almost no carbohydrate and no sugar. Thinner slices with a big green salad go further.

Diet notes: Keto (1.8 g net carbs a serve).

Ingredients 9 · SERVES 8

- [ ] 5½ lb **boneless pork belly**, skin on, not scored
- [ ] 2 tbsp **fennel seeds**, toasted and ground
- [ ] 2 tsp **black peppercorns**, toasted and ground
- [ ] **Salt**: 2½ tsp cooking or kosher salt, for the rub
- [ ] 3 tbsp finely chopped **fresh rosemary leaves**
- [ ] 2 tsp **red chilli flakes**
- [ ] 6 large **garlic** cloves, finely grated
- [ ] **Salt**: 2½ tsp cooking or kosher salt, for the skin
- [ ] 2 tbsp **olive oil**, for the skin

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Toast the fennel seeds and peppercorns in a dry pan, grind them, then mix with the rub salt, rosemary, chilli flakes and grated garlic. 1:20
2. Lay the belly skin-side down. Cut a strip of meat (not skin) off one long edge so it rolls neatly, then score the flesh in 1¼ inch diamonds about ½ inch deep. Rub the paste into the flesh and over the trimmed strip. 0:35
3. Roll the belly up around the strip so the skin edges just meet, and tie it with about 8 strings 1 inch apart, starting in the middle. 2:25
4. Refrigerate uncovered on a rack for 2 days (at least 1) so the skin dries out; this is what makes it crackle all over. 3:10
5. Rub 1 tbsp oil and the skin salt all over the skin, then slow-roast on a rack at 275°F (250°F fan) for 3½ hours, until the meat is tender but the skin is still soft. 3:28
6. Turn the oven up to 475°F, move the pork to a clean tray, drizzle with the rest of the oil and roast 30–40 minutes, turning once or twice, until the skin is blistered and crisp all over. 4:00
7. Rest for 30 minutes, then slice thickly. 5:40

> **Tip** The video says 230°F; the cook corrects it to 275°F (250°F fan). Skip her flour gravy for keto and gluten-free. All the belly's fat is counted, including what renders out. Re-crisp leftovers at 350°F.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
1,248 kcal	48 g	3 g	1.2 g	116 g	890 mg
5,220 kJ	96% of a day	1.8 g net · 0.1 g sugars	4% of a day	41 g saturated	39% of a day
		1% of a day		148% of a day	

Energy from net carbs 1% · protein 15% · fat 84% — fits keto: 1.8 g net carbs, 84% of the energy from fat

High in (20%+ of a day) Vitamin B12 109% · Omega-3 74% · Selenium 47% · Zinc 32% · Vitamin B6 28%

Source of (10–19%) Potassium 15% · Vitamin E 13% · Iron 11%

Recipe and video: RecipeTin Eats (@Recipetineats) on YouTube — youtube.com/watch?v=1_sk0TGW9eA, published 20 February 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/porchetta-rolled-pork-belly-fennel