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

- [ ] 2.5 kg **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

**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 3 cm diamonds about 1 cm 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 2.5 cm 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 130 °C (120 °C fan) for 3½ hours, until the meat is tender but the skin is still soft. 3:28
6. Turn the oven up to 240 °C, 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 110 °C; the cook corrects it to 130 °C (120 °C 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 180 °C.

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 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