



## Festive feast of pork loin at low temperature

Menge	Zutaten
<b>1 piece</b>	pork neck
<b>4 pieces</b>	onion
<b>4 pieces</b>	big carrots
<b>4 pieces</b>	garlic cloves
<b>4 pieces</b>	bay leaves
<b>2 TL</b>	caraway seed
<b>1 TL</b>	rosemary
<b>1 TL</b>	thyme
<b>1 disc</b>	celery root 1cm
<b>5 EL</b>	olive oil
<b>1 TL</b>	herbal salt
<b>1/2 TL</b>	pepper
<b>1/2 L</b>	dry red wine
<b>a few</b>	<b>Roses of broccoli, caramel and Romanesco florets</b> (is available as frozen foods)

### Preparation:

1

#### 1. day "Marinade"

*Peel the 3 onions, finely chop in a grinder and place in a bowl.*

*Peel the garlic cloves, finely chop them and add to the onion.*

*Add the 4 bay leaves as a whole.*

*Add the cumin, rosemary, thyme, herbal salt and pepper in the indicated amount to the onion-garlic mixture.*

*Pour over the olive oil and mix well with a spoon.*

2

*Wash the pork neck cold and pat dry with a kitchen roll.*

*Now lay out a sheet of cling film on the work surface.*

Rezept von Lucina-Cucina auf

<https://lucina-cucina.com/index.php/en/recipes/christmas-bakery/festive-feast-of-pork-loin-with-napkin-dumplings-at-low-temperature/259>



*Put the roast into a bowl with the marinade and knead the marinade into the meat with both hands.  
When the meat is completely covered with marinade, place the roast on the clingfilm.  
Spread the remaining marinade over the roast and wrap the roast well in the foil.*

*To be on the safe side, I always add a second sheet of foil to the roast.  
Now put the wrapped meat in the fridge for about 48 hours.*

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### 3

#### *3. day Sauté and cook*

*Now that the spices have had 2 days to feed the meat, remove the roast from the fridge.  
For about 3 hours can be adapted to the room temperature. In the meantime peel the 3 carrots and chop with a crusher.*

*Peel and finely chop an onion.*

*Free the celeriac from the outer shell and make 3 small pieces out of it.*

*Preheat the oven to about 70 degrees.*

*Heat 3 tablespoons of olive oil in a [cast iron pot](#) and sauté the roast for about 2 minutes from all sides.*

*Remove the meat from the saucepan and keep warm in the oven.*

*In einem [Gusseisentopf](#) 3 EL Olivenöl erhitzen und den Braten für ca. 2 Minuten von allen Seiten scharf anbraten.*

*Das Fleisch aus dem Topf nehmen und im Backrohr warmhalten. Put the sliced carrots and the onion together with the celery in the cast iron saucepan and roast into the meat left over.*

*The bottom of the pot should now turn brown. These are the roasting aromas and wanted.*

*Now deglaze the vegetables with a dash of wine and let the wine boil until new roasts form on the bottom.*

*Stir again with a wooden spoon and scrape the roasted aromas off the ground.*

*Deglaze again with a dash of wine and repeat this process about 3 to 4 times. Pour in the remaining wine and bring to a boil.*

*Anyone who wants can now add a cube of gravy and pour some water.*

*The floor should now be about 1 cm. be covered with liquid. Now take the roast out of the oven, place it in the cast iron pot with the vegetables, cover with lid and leave the pot in the oven for 12 hours at 65 to 70 degrees.*

*From time to time, you can turn the roast over and over again.*

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### 4

#### *napkin dumpling*

*You can find the recipe here:*

<https://lucina-cucina.com/index.php/en/recipes/recently-on-our-plate/napkin-dumpling/261>

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### 5

#### *The Sauce*

*Now take the roast out of the pot and use the liquid with the vegetables in a high-performance mixer (I use Nutribullet) or a blender to make a fine, creamy sauce.*

*Season with salt and pepper.*



*At this point, I put the finished sauce in a clean, ovenproof ceramic mold.  
In the sauce, I place the roast and put the mold back in the oven to keep everything warm.*

6

*Now cook the remaining carrots and vegetables in a saucepan.*

*Remove the roast from the oven, cut open and spread on plates.*

*Cut the napkin dumplings into slices of approx. 1.5 cm and place on the plate.*

*Garnish the vegetable florets as a garnish and at the end serve the sauce as you like on the plate.*

*Serve sprinkled with parsley, rosemary and cress.*

*Good Appetite.*



## Lucina's tips:



Consider the long preparation time.

The marinating time of the roast is 2 days, that is 48 hours.

This long cooking time of 12 hours guarantees a very gentle preparation and a culinary experience on the palate.

It does not matter if the roast cooks for 12 or 14 hours.

Sauces bind with flour.

Thick gravy is easy with meat dishes but is not always lightly mixed.

### **Variante A:**

A very classic method of tying sauces is the use of flour. Just take two to three teaspoons of flour and two to three tablespoons of water and stir in a cup. Make sure that the flour does not clump and add the mixture to your sauce and simmer for about three minutes until the sauce binds and reaches the desired consistency.

### **Variante B:**

Roux: melt fat (butter or lard) in a small saucepan. Gradually add flour and stir in the fat.

Ideally, the ratio is 3 parts flour and 2 parts fat. Approximately Sweat for 2 to 5 minutes while



stirring. Then slowly add a liquid (such as the sauce or water, stock or wine) with stirring and stir the sauce with a whisk until smooth.



*I wish good luck and*

*buon appetit!!*

*your Lucina Cucina*