

Rice-Stuffed Pork Crown Roast - recipe from TheOtherWhiteMeat.com

Times: 30 minutes prep, 160 minutes cook

Ingredients:

- 1 16-rib pork rib crown roast, (about 8 pounds)
- 2 cups rice, uncooked
- 1 cup wild and long grain rice, uncooked
- 1/2 teaspoon ground cinnamon
- 1/2 cup pecans, coarsely chopped
- 1/2 6-ounce can frozen orange juice concentrate, thawed
- 1/2 cup honey
- 2 tablespoons butter
- Orange slices, (optional)

Cooking Directions:

Place roast, bone tips up, on rack in a shallow roasting pan. Cover ends of bones with a strip of foil. Bake in a 350 degree F. oven for 1 1/2-2 hours.

While roast is baking, cook rice according to package directions, adding apricots the last 10 minutes and cinnamon during the last 5 minutes of cooking time. Combine rice mixture and chopped pecans; mix well.



Combine orange juice concentrate and honey, mixing well.

Fill roast cavity with rice mixture. Place the remaining rice mixture in a small baking dish. Dot the rice stuffing with butter. Brush roast with some of the orange juice mixture. Continue baking roast and rice for 30 minutes or until meat thermometer registers 150 degrees F. (Allow about 20 minutes per pound total cooking time). Brush occasionally with the orange juice mixture. Let rest until temperature reaches 160 degrees F, about 10 minutes.

Carefully transfer roast to a warm serving platter. Garnish with orange slices and cranberries, if desired.

Serves 16

Nutrition:

Calories: 596 calories

Protein: 50 grams

Fat: 23 grams

Sodium: 93 milligrams

Cholesterol: 119 milligrams

Saturated Fat: 8 grams

Carbohydrates: 46 grams

Fiber: 2 grams

