Traditional Italian Stuffed Pork Loin Roast

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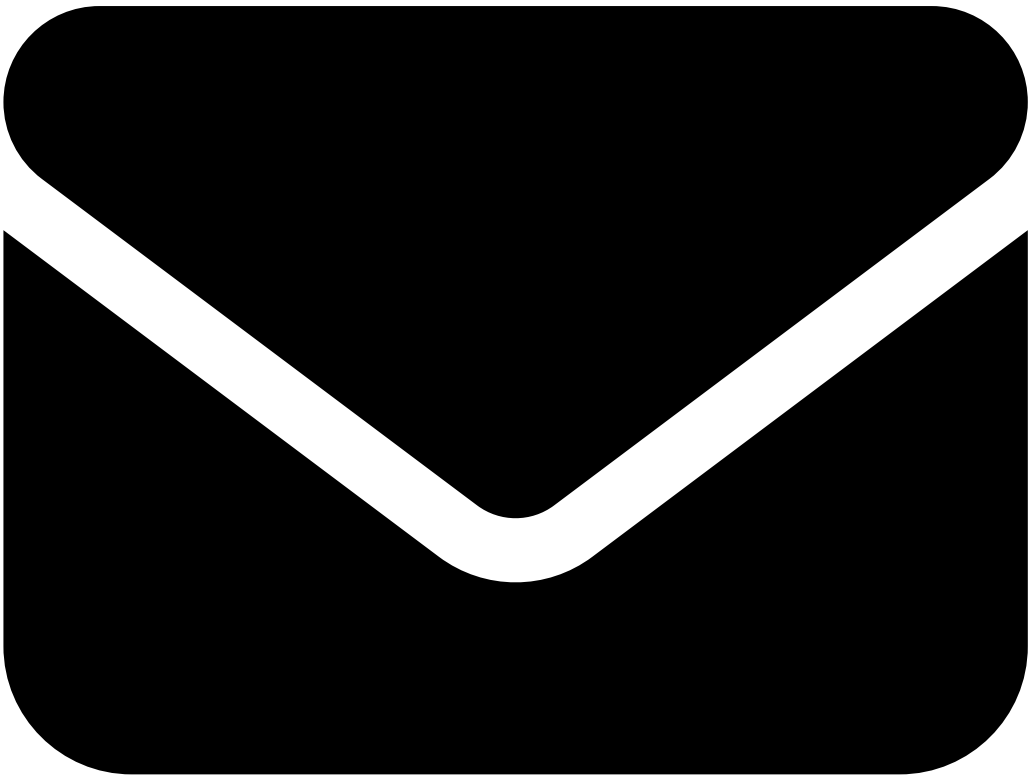




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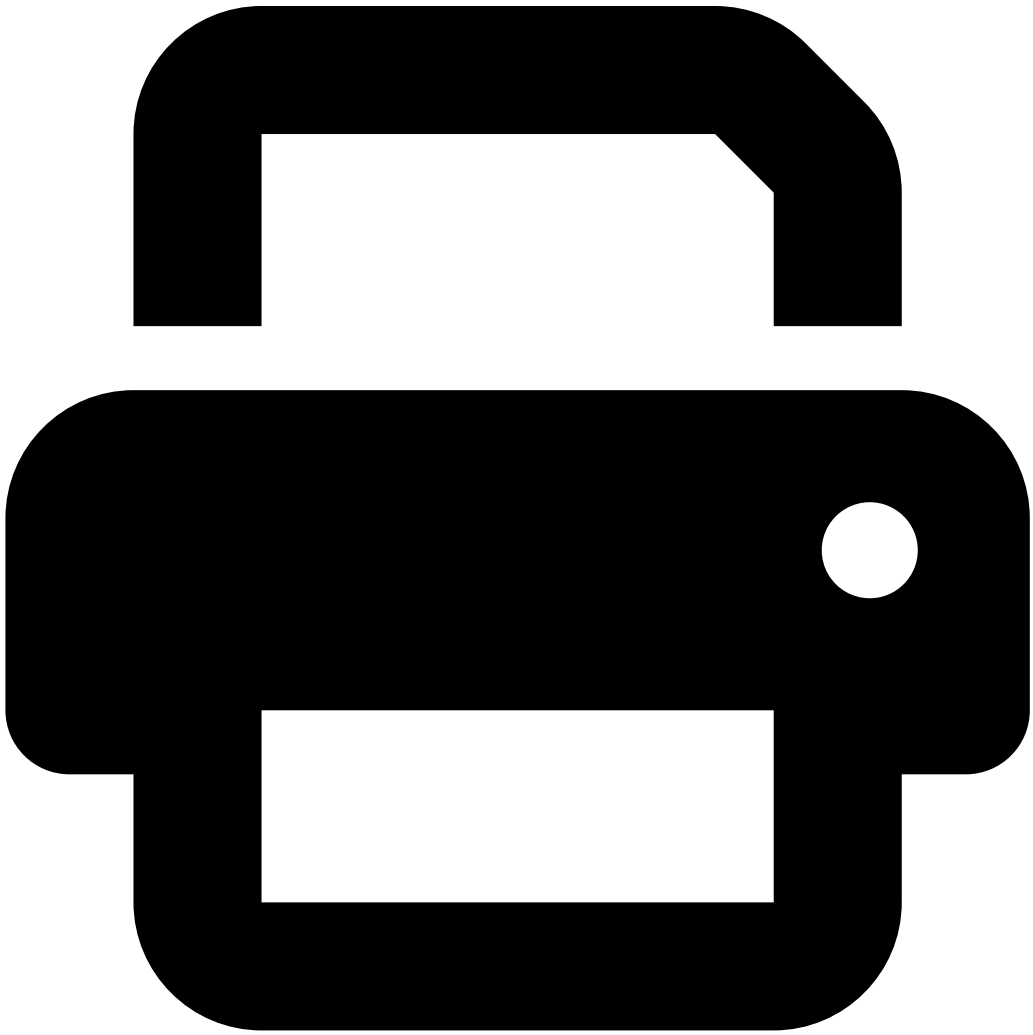

There are some dishes that instantly feel like Sunday. This traditional Italian stuffed pork loin is one of them. Long before recipes were written down, pork roasts like this were prepared in Italian homes as a way to turn a simple cut of meat into something special—aromatic, comforting, and meant to be shared around the table.

In many regions of Italy, especially central and southern areas, pork was reserved for important meals and holidays. Stuffing the roast with breadcrumbs, herbs, cheese, and a little pancetta was both practical and intentional. Nothing was wasted. Day-old bread became filling, cured pork added depth, and fresh herbs from the garden brought everything together. The roast would be tied, slowly cooked, and served with whatever vegetables were in season—often fennel, potatoes, and carrots—so the entire meal could come together in one pan.

This is not a fancy dish, and that’s exactly the point. It’s rustic, deeply flavorful, and rooted in tradition. The kind of recipe passed down by watching, tasting, and remembering. As it roasts, the pork stays juicy, the stuffing perfumes the meat from the inside, and the vegetables soak up all those incredible pan juices.

It’s the kind of meal that fills the kitchen with warmth, feeds a crowd, and somehow tastes even better the next day. A true Italian classic—and absolutely a keeper.

Things to know about this Traditional Italian Stuffed Pork Loin Roast

- **Fresh breadcrumbs matter:** This stuffing relies on soft, day-old Italian bread, not dried stuffing mix. It keeps the filling light and flavorful.
- **Pecorino is traditional:** Pecorino Romano pairs naturally with pork and pancetta, giving the stuffing its classic savory bite.
- **Don’t overstuff:** A thin, even layer allows the pork to cook evenly and keeps the roast juicy.
- **Fennel sweetens as it roasts:** The fennel mellows and becomes tender, soaking up the pork juices and complementing the stuffing beautifully.
- **Resting is essential:** Letting the roast rest before slicing keeps the juices in the meat where they belong.
- **Even better the next day:** Leftover slices are perfect for sandwiches, pan-searing, or adding to beans or pasta

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- **Italian carpaccio persimmon and Fennel Salad** – a bright, classic fennel recipe that pairs beautifully with pork

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This Traditional Italian Stuffed Pork Loin Roast is an elegant yet approachable main course that's perfect for Sunday dinner, holidays, or special occasions. A juicy pork loin is butterflied and filled with a savory mixture of Italian herbs, garlic, breadcrumbs, Parmesan cheese, spinach, and prosciutto, then rolled, tied, and roasted until tender. The result is a flavorful, impressive roast with beautiful slices and classic Italian flavors that make every meal feel special.

Pork & Stuffing

- 3 – 4 lb pork loin, butterflied
- 3 oz pancetta, finely chopped
- 2 garlic cloves, minced
- 1½ cups fresh breadcrumbs
- ⅓ cup fresh parsley, finely chopped
- 2 tbsp fresh rosemary or sage, chopped
- ½ – ¾ cup Pecorino Romano, finely grated
- 1 egg, lightly beaten
- Olive oil
- Salt & black pepper

Vegetables

- 1 – 2 fennel bulbs, cut into wedges
- 1½ – 2 lbs potatoes, cut into large chunks
- 3 – 4 carrots, cut into large pieces
- 4 – 5 garlic cloves, smashed
- Olive oil, salt & pepper
- ½ – ¾ cup dry white wine or chicken broth

1. ### Prepare the Stuffing

   Heat a small pan with olive oil over medium-low heat.Sauté pancetta until lightly rendered. Add garlic and cook just until fragrant.Transfer to a bowl and mix with breadcrumbs, parsley, herbs, Pecorino, black pepper, and optional fennel seeds.Stir in the beaten egg until the mixture is moist and just holds together.

2. ### Stuff the Pork

   Lay the butterflied pork loin flat and season lightly with salt and pepper.Spread stuffing evenly over the

meat, leaving a small border.Roll tightly and tie securely with kitchen twine every 1½–2 inches.

3. ## Prepare the Vegetables

   Toss fennel, potatoes, carrots, and garlic with olive oil, salt, and pepper.Spread evenly in a large roasting pan.

4. ## Roast

   Preheat oven to **375°F (190°C)**.Place the stuffed pork loin on top of the vegetables.Pour white wine or broth around the vegetables (not over the pork).Roast uncovered for about **25 minutes per pound**, until the internal temperature reaches **140–145°F**.

5. ## Rest & Serve

   Remove from oven and rest the pork for **15 minutes** before slicing.Slice thick and serve with roasted vegetables and pan juices spooned over the top.

Main Course
Italian