



# Pancetta and Coleslaw Sandwich

**3 hours**

Hands on

**8-10**

Portion(s)

**2**

Difficulty



## Method

- Preheat oven to 200\* C (390\* F) Fan.
- Peel the apple and pear and cut into 1 cm pieces. Place in a large bowl. Peel the orange and tear pieces apart. It is preferable to remove membrane.
- Do this over the bowl so that the orange juices drip into the bowl. Mix with a spoon and add the lemon juice. Mix again.
- Use a paring knife to gently “butterfly” the pancetta so there is more surface to spread the filling onto. (You can also ask your butcher to do this for you.)
- Spread 2 sheets of aluminum foil, one next to the other on a working surface. Cover with 2 sheets of parchment paper. This is where you will place the meat. Drizzle parchment paper with olive oil and sprinkle with salt and pepper.
- Make diagonal cuts on the side of the pancetta that has fat, with a sharp knife. Turn meat over. This is the part you will be filling. Transfer to a working surface.
- Season generously with salt and pepper.
- Blend the bouillon cubes, honey, olive oil and garlic in a blender or food processor. Spread the mixture over the spread pancetta. Finely chop aromatics and sprinkle over meat.
- Place the fruit filling in the middle of the pancetta, in a straight line. Fold the meat over, rolling tightly and carefully so that the filling doesn't fall out the sides. Use kitchen twine to tie the edges first (so the filling doesn't fall out) and then tie the rest of the meat to hold it together.
- Transfer to parchment paper. Roll meat in parchment paper just like you were wrapping a piece of candy.
- Place on oven rack. Place an empty baking pan under the wrapped meat to collect any juices or fat drippings. Bake for 3 - 3 ½ hours.
- Remove from oven and open foil and parchment. Bake for another 30 minutes to create a crispy top layer on the meat.
- When ready, remove from oven and allow to rest on a wire rack for 20 minutes before slicing.

## For the Raita Sauce (yogurt sauce)

## Ingredients

- 1 ½ kilos pork pancetta, boneless and skinless
- 1 tablespoon honey
- 2 chicken bouillon cubes
- olive oil
- ½ green apple
- ½ pear
- ½ orange
- 1 clove of garlic
- thyme
- rosemary
- salt
- pepper
- grated zest and juice from 1 lemon
- 8-10 ciabatta sandwich loaves, for serving
- [Coleslaw](#), for serving

## For Raita Sauce (yogurt sauce)

- 250 g yogurt (preferably Greek strained yogurt)
- 1 teaspoon cumin powder
- salt
- pepper

## Διατροφικός πίνακας

Nutrition information per 100 gr.

167 Calories (kcal)	6.2 Total Fat (g)	1.5 Saturated Fat (g)	13.8 Total Carbs (g)
8%	9%	8%	5%
3.2 Sugars (g)	13.1 Protein (g)	1.4 Fibre (g)	1.2 Sodium (g)
4%	26%	5%	20%

- Combine the yogurt with the rest of the ingredients for the sauce. Season to taste.
- To serve, prepare sandwiches with pancetta, [Coleslaw](#) and Raita sauce (optional).