

Maple-Brined Pork Loin



This recipe for maple-brined pork roast is a delicious way for you to experience just how easy a simple brine really is. I love the way the meat gets infused with that subtly-sweet maple flavor.

Prep: 15 mins

Cook: 1 hr 5 mins

Additional: 8 hrs

Total: 9 hrs 20 mins

Servings: 6

Yield: 1 pork roast



Ingredients

1 quart cold water

¼ cup salt

⅓ cup maple syrup

3 cloves garlic, crushed

3 tablespoons chopped fresh ginger

2 teaspoons dried rosemary

1 tablespoon cracked black pepper

½ teaspoon red pepper flakes

1 (2 1/2 pound) boneless pork loin roast

salt and freshly ground black pepper

1 tablespoon vegetable oil

2 tablespoons maple syrup

2 tablespoons Dijon mustard

Directions

Step 1

Mix water, salt, 1/3 cup maple syrup, garlic, ginger, rosemary, black pepper, and red pepper flakes in a large bowl. Place pork loin in brine mixture and refrigerate for 8 to 10 hours.

Step 2

Remove pork from brine, pat dry, and season all sides with salt and black pepper.

Step 3

Preheat oven to 325 degrees F (165 degrees C).

Step 4

Heat vegetable oil in an oven-proof skillet over high heat. Cook pork, turning to brown each side, about 10 minutes total.

Step 5

Transfer skillet to the oven and roast until pork is browned, about 40 minutes.

Step 6

Mix 2 tablespoons maple syrup and Dijon mustard together in a small bowl.

Step 7

Remove pork roast from the oven and spread maple syrup mixture on all sides. Cook for an additional 15 minutes, until the pork is no longer pink in the center. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C).

Cook's Note:

Take care not to brine the loin for longer than 10 hours.

Editor's Note:

The nutrition data for this recipe includes the full amount of the brine ingredients. The actual amount of the brine consumed will vary.

Nutrition Facts

Per Serving:

376 calories; protein 30.7g 61% DV; carbohydrates 19.3g 6% DV; fat 18.9g 29% DV; cholesterol 92mg 31% DV; sodium 225.3mg 9% DV.

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