

Apple/Bourbon marinade, mustard-spice and panko encrusted roasted pork loin with apple pan sauce.

Ingredients (serves 8)

2 lb pork loin roast – trim fat off of the meat

20 baby carrots

1 medium/small yellow onion coarsely sliced

1 cup and ½ cup of Apple juice

1/2 cup brown sugar (two ¼ cup portions)

1 tbsp apple vinegar

2 tbsp bourbon (optional)

½ cup spicy brown mustard

½ tsp ground clove

½ tsp ground thyme

½ tsp salt

1 ½ tsp soy sauce

1 tsp garlic salt

2 cups panko bread crumbs (King Sooper's Private Selection brand is relatively inexpensive)

Westchestershire sauce, salt and pepper to taste

Marinade

Combine

- 1 cup apple juice
- ¼ cup brown sugar
- 1 tbsp apple vinegar
- 2 tbsp bourbon (optional)

Put all ingredients in a large zip lock bag. Put the port roast in the bag and squeeze the air out before sealing. Place on shelf in refrigerator overnight. Occasionally turn the bag so that the meat marinates evenly.

The next morning, pour off the marinade and dry the meat with paper towels. Mix up the following rub.

Rub

Combine

- ½ cup of spicy brown mustard
- ½ tsp ground clove
- ½ tsp thyme
- ½ tsp salt
- 1 ½ tsp soy sauce
- 1 tsp garlic salt

Lay the meat on a large piece of plastic wrap. Using a spoon, brush and/or hands, coat the entire surface of the meat with the rub. Wrap tightly in the plastic wrap and refrigerate for at least 6 hours.

Cooking

Preheat the oven to 350 degrees for at least 15 minutes.

Evenly spread out 2 cups of Panko bread crumbs on a baking sheet that has a raised edge. Open the plastic wrap and roll the meat onto the bread crumbs. Roll the meat around to thoroughly coat it in bread crumbs. Use your hands to pack some on the ends of the roast.

Pre-cook the carrots in a microwave for about 3 minutes. Coat the baking pan with cooking spray and place thick onion slices and baby carrots in the pan. Place the roast on top of the vegetables and put the pan in the oven. Cooking time will vary depending on the thickness of the roast from 1 1/4 hours to 2 hours. A meat thermometer is the best way to insure the roast is done without over cooking it. The temperature should be 160 degrees. It is OK to remove it from the oven at 155 degrees – it will continue to cook and reach the required temperature.

Sauce

Remove the pan from the oven, put the roast on a cutting board and cover it with aluminum foil. Put the ½ cup of apple juice and ½ cup of broth along with the vegetables in a blender or food processor. Blend until the sauce is well combined. It is OK if it is a little chunky. Add ¼ cup of brown sugar, westchestershire sauce, salt and pepper to taste and finish mixing. The sauce may need to be heated in a microwave for a minute or two before serving.

Serve

Slice the roast in relatively thick (1/2 inch or greater) sections and arrange on a plate. Ladle some of the sauce over the meat. Put the remaining sauce in a bowl on the side.