

# Pork Loin Roast (Sous Vide)

October 26th, 2021

**This recipe serves: 4**

Prep Time: 00:15

Cook Time: 02:45

Pork Loin is a flavorful meat, but it can easily become too dry while roasting. Sous Vide is the perfect solution. The roast is cooked in a juicy environment, ensuring that the meat does not dry out. If you do not have a Sous Vide available, you can also accomplish good results using the "En Cocotte" (meaning: "in a casserole dish") method instead.

## Ingredients:

2 lb Pork Loin Roast

1 Tablespoon Garlic Powder

1.5 Teaspoons Table Salt

1 Tablespoon Olive Oil

1 Tablespoon Rosemary

## Directions:

Use a sharp knife to remove any fat from the Pork Loin

Liberally apply the Salt and Garlic Powder

Refrigerate, lightly covered with plastic wrap 6 hours to overnight.

Pat the Loin dry with a paper towel.

Apply the Olive Oil and Rosemary. Spread with your hands to ensure coverage.

## Sous Vide method

Seal the Loin in a plastic bag.

Freeze up to 6 months or refrigerate for 24 hours.

**Sous Vide at 143° F for 3 hours (3.5 hours if frozen).**

Remove from the bag.

Heat a large frying pan over high heat.

Sear in the hot pan for 5 minutes, then flip and sear the other side for another 5 minutes.

## En Cocotte method

Preheat the oven to 350° F.

Place the Pork Loin into a Dutch Oven.

Lid tightly, then bake about 40 minutes, until the internal temperature of the Pork Loin reaches 145° F.

Remove the loin from the Dutch Oven.

Cover the Loin lightly with foil or a domed lid and rest the meat about 10 minutes.

Slice thinly and serve with your choice of BBQ sauce or finishing sauce.