

Pomegranate Pork (Sous Vide)

November 30th, 2021

This recipe serves: 4

Prep Time: 00:15

Cook Time: 03:00

This is an easy Pork recipe, designed for the Sous Vide. You can prepare beforehand and freeze in a vacuum-sealed bag up to 6 months. Just drop the bag in your Sous Vide pot and walk away. Your main course will be ready to eat a few hours later.

Ingredients:

2 Pounds Pork Loin Roast or 4 Pork Loin Steaks

1/4 Teaspoon Table Salt

1/4 Cup Pomegranate Juice

Directions:

Salt the Pork.

Place the Pork into a Sous Vide bag, in a single layer.

Add the Pomegranate Juice to the bag.

Vacuum out all the air and seal the bag.

Refrigerate up to 1 week.

Freeze up to 6 months.

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

Remove the bag from the Sous Vide.

Open the bag and reserve the liquid (if desired).

Heat a frying pan over medium-high heat.

Sear the the Pork, 90 seconds per side.

Rest the pork for 10 minutes.

Slice into thin slices, on the bias.

Serve with baked potatoes, brussels sprouts, and a green salad.