

Sweet BBQ Pork (Sous Vide)

November 30th, 2021

This recipe serves: 6

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:

3-4 Pounds Pork Loin Roast

4 Tablespoons Tomato Paste

1 Tablespoon Brown Sugar, packed

2 Teaspoons Smoked Paprika

2 Teaspoons Dried Oregano

1 Tablespoon Garlic Powder

1/2 Tablespoon Cinnamon

1/2 Teaspoon Table Salt

1/4 Tablespoon Cumin

Directions:

In a small bowl, mix the Tomato Paste with all the dry ingredients.

Spread the rub liberally over the Pork, ensuring complete coverage.

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

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 one side of the Pork for 90 seconds.

Turn over the Pork and sear for 60 seconds.

Rest the pork for 10 minutes.

Slice into thin slices, on the bias.

Serve