

Pork Loin Cold Cuts (Sous Vide)

March 15th, 2022

This recipe serves: 12

Prep Time: 00:15

Cook Time: 04:00

Commercially available lunch meat is full of preservatives. You can make tasty sliced pork lunch meat with none of the unhealthy additives. Sliced pork can be chopped and added to pasta or it is perfect for homemade deli sandwiches. Add Swiss cheese, yellow mustard, and a slice of ham for the perfect Cuban.

Ingredients:

2 Pounds Boneless Pork Loin

Rub Mix

1 Teaspoon Ground Coriander Seed

1 Teaspoon Brown Sugar

1 Teaspoon Dried Rosemary

1 Teaspoon Dried Oregano

1 Teaspoon Garlic Powder

1 Teaspoon Onion Powder

1 Teaspoon Liquid Smoke

1/4 Teaspoon Table Salt

1/4 Teaspoon Orange Peel

1/4 Teaspoon Buttermilk Powder

1/8 Teaspoon Citric Acid

Directions:

In a small bowl, mix the Rub Mix ingredients.

If desired, you can pre-slice the Pork Roast.

Freeze the meat for 20 minutes.

Using a sharp knife or a meat slicer, cut the roast into paper-thin slices.

Spread the Rub liberally over the Sliced Roast, ensuring complete coverage.

Reconstruct the Meat Slices into a single Roast.

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

Vacuum out all the air and seal the bag.

Marinate in the refrigerator for 3 days, or up to 5 days.

Freeze up to 6 months.

Sous Vide at 143° F for 3.5 hours (4 hours if frozen).

Remove the bag from the Sous Vide.

The unopened bag can be refrigerated up to 4 weeks or frozen up to 6 months.

Open the bag and discard the liquid (Au Jus).

If you did not pre-slice the Roast, slice the Pork Roast into paper-thin slices.

Refrigerate up to 2 weeks.