

Stuffed Pork Loin Braciola

July 14th, 2024

This recipe serves: 8

Prep Time: 00:45

Cook Time: 02:00

(Pronounced \brä·ch ·ÈM·IY\) - The "Pork Loin" is not the same cut of meat as a "Pork Tenderloin." This pork loin recipe is easy to make and provides a lot of flavor. The Pork Stuffing will help give the Pork Loin a more mature flavor, so that you don't end up with a dry, tasteless Loin Roast. Serve with a side of roasted potatoes or over a bed of Basmati Rice. When cooking any type of roast, you should use a Meat Thermometer or an Instant Read Thermometer to ensure doneness. Slice the finished Braciola into Pinwheels and serve with rice or potatoes.

Ingredients:

3 lb Pork Loin
Kosher Salt (to taste)
3 Garlic Cloves, minced
1 Tablespoon Unsalted Butter
1 pkg (12 oz) Center Cut Bacon

Stuffing

4 Ounces Baby Bell Mushrooms, sliced
6 Ounces Artichoke Hearts, quartered
2 Ounces Baby Spinach, chopped
1/2 Teaspoon Dried Oregano
1/2 Red Bell Pepper, roasted or sliced into thin slivers

Directions:

Start under the fat cap and cut the Roast in a spiral cut, so the the entire Roast is about 1/2" thick and can lay flat.

In a large pan, fry the Bacon. Remove it from the heat before the bacon becomes overly crispy.

Meanwhile, lightly Salt the inside of the Pork Loin. Ensure an even distribution.

Add the minced Garlic to the inside surface of the Pork Loin. Use your hands to ensure an even distribution.

Cover the inside surface of the roast with the cooked Bacon. Lay the Bacon strips lengthwise,

Place a medium saucepan over medium high heat. Melt the Butter. Stir in the Mushroom slices. Stir well to cover with melted butter. Continue to grill the Mushrooms, stirring occasionally, until the Mushroom Slices turn a golden color.

Chop the Mushrooms, Baby Spinach, and Artichoke Hearts. Mix together in a small bowl. Add the Oregano and stir together until fully incorporated.

Spread the Stuffing Mix across the Bacon layer. Use your hands to ensure an even distribution.

Add a row of Red Bell Pepper, lengthwise across the Pork Loin.

Roll up the Roast, like a Jelly Roll, with all of the Stuffing on the inside. Tie with butcher's twine to keep the Roast rolled up. (I use 4 or 5 strings to ensure the stuffing doesn't fall out.)

Cover and refrigerate for 24 hours.

Oven Method (recommended)

Cover with plastic wrap and Refrigerate overnight to 24 hours.

Preheat the oven to 350° F.

Insert the Meat thermometer in the center of the Roast and wrap the Pork Loin in aluminum foil. Ensure that the thermometer is in the Meat, NOT the Stuffing.

Place the covered Pork Loin in a 9x13 oven pan.

Bake until the **internal temperature reaches 145° to 150° F (about 1 to 2 hours).**

Remove the aluminum foil covering and set the oven on Broil.

Move the wire rack about 8 to 12 inches from the top heating element and **broil for 4 minutes.**

Drain the liquid (Au Jus) and use it to make gravy.

Sous Vide Method

Place the tied Pork Tenderloin into a Sous Vide bag.

Vacuum out all the air and seal the bag.

Refrigerate for 24 hours or freeze up to 6 months.

Sous Vide at 145° F for 3.5 hours (4 hours if frozen).

Remove the bag from the Sous Vide.

The unopened bag can be refrigerated up to 2 weeks or frozen up to 6 months.

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

Add Oil to a hot pan and Sear the Roast.

Use the Au Jus to make gravy.

Serve over Basmati Rice or with a side of butter grilled potatoes.