

Pork

Bone-In Pork Loin with Dijon Sauce

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Palm Beach Post

Servings: 4

PORK LOIN

2 to 3 cloves garlic, peeled

2 to 3 tablespoons fresh rosemary needles

3 tablespoons good quality olive oil

salt and pepper (to taste)

1 (4-pound_ pork loin, frenched

SAUCE

1 1/2 cups red wine

4 tablespoons Dijon mustard

4 tablespoons low-sodium soy sauce

pan drippings from the roast

1/4 cup heavy cream

For The Pork Loin: Process the garlic and rosemary needles in a food processor until minced (you can do this by hand!).

Add the olive oil, salt and pepper and continue pulsing until well combined.

Rub the marinade on both sides of the pork loin and refrigerate overnight or for at least two hours.

Remove the pork loin from the refrigerator about an hour before cooking. Add a little more olive oil and salt to the pork, if desired.

Preheat the oven to 375 degrees.

Place the pork loin, fat side up, in a baking pan. Cook until an instant-read thermometer reaches 135 degrees (approximately 1 hour and 15 minutes).

Remove the roast from the oven and tent with foil. Allow to rest while making the pan sauce. (The internal temperature will continue to rise to about 145 degrees.)

For The Sauce: In a bowl, whisk together the wine, mustard, soy sauce and pan drippings.

In a large saute' pan, bring the wine mixture to a boil over medium-high heat. Allow the mixture to reduce (it should be bubbling away) until it coats the back of a wooden spoon, approximately 15 to 20 minutes. Turn off the heat and stir in the heavy cream until well combined.

Slice the roast crosswise between the bones.

Serve with the Dijon-red wine sauce and a side of roasted root vegetables.

Per Serving (excluding unknown items): 170 Calories; 7g Fat (58.7% calories from fat); 7g Protein; 5g Carbohydrate; 1g Dietary Fiber; 32mg Cholesterol; 861mg Sodium. Exchanges: 1 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.