

# Herb-and-Garlic-Crusted Pork Roast

*Our Best Recipes  
Meredith Corporation*

## Servings: 6

*1/2 cup Kosher salt  
1/4 cup brown sugar  
8 cups cold water  
1 (3 to 3-1/2 pound) center-cut  
boneless pork loin  
3 tablespoons peanut or vegetable oil  
4 slices uncooked Black Forest or  
other bacon, cut into one-inch pieces  
1 tablespoon apricot preserves  
2 teaspoons fresh garlic, finely  
chopped  
1 tablespoon fresh rosemary, chopped  
1 1/2 cups fresh bread crumbs  
3 tablespoons fresh Italian parsley,  
chopped  
3 tablespoons butter, melted  
1/2 teaspoon Kosher salt  
1/2 teaspoon black pepper*

## Preparation Time: 25 minutes

### Roast: 1 hour

For brine: In a large bowl, dissolve the salt and sugar in the cold water. Transfer the pork to the brine, making sure that it is fully submerged. Cover and refrigerate for eight hours or up to two days.

Remove the loin from the brine. Blot dry with paper towels.

In a nonstick skillet, brown all sides of the pork in hot oil, about 10 minutes. Set aside for 5 to 30 minutes to cool slightly.

In a food processor, puree' the uncooked bacon to a smooth puree'. Transfer half of the bacon to a bowl. Stir in the apricot preserves, garlic and two teaspoons of the rosemary.

Place the cooled pork on waxed paper. Spread thinly with the bacon puree'. In a separate bowl, mix the bread crumbs, remaining rosemary, parsley, butter, 1/2 teaspoon of salt and 1/2 teaspoon of black pepper. Toss well to mix. Press the crumb mixture onto the roast (except the ends, applying enough pressure for the crumbs to adhere.

Position the oven rack in the lowest position. Preheat the oven to 425 degrees.

Transfer the pork to a wire rack in a foil-lined baking dish or roasting pan. Roast for 15 minutes. Reduce the temperature to 350 degrees. Roast for 45 minutes more or until a thermometer registers 145 degrees. (If the crust begins to brown too deeply, tent with foil.).

Remove the pork from the oven. Tent with foil. Allow to rest for 15 minutes.

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Per Serving (excluding unknown items): 84 Calories; 6g Fat (59.6% calories from fat); trace Protein; 9g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 7750mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1 Fat; 1/2 Other Carbohydrates.

## Per Serving Nutritional Analysis

Calories (kcal):	84	Vitamin B6 (mg):	trace
% Calories from Fat:	59.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	39.4%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	6g	Folacin (mcg):	5mcg
Saturated Fat (g):	4g	Niacin (mg):	trace
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	16mg	% Daily Value*	0.0%
Carbohydrate (g):	9g	<b>Food Exchanges</b>	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	7750mg	Vegetable:	0
Potassium (mg):	43mg	Fruit:	0
Calcium (mg):	20mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	330IU		
Vitamin A (r.e.):	65RE		

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

Calories 84      Calories from Fat: 50

### % Daily Values\*

<b>Total Fat</b>	6g	9%
Saturated Fat	4g	18%
<b>Cholesterol</b>	16mg	5%
<b>Sodium</b>	7750mg	323%
<b>Total Carbohydrates</b>	9g	3%
Dietary Fiber	trace	1%
<b>Protein</b>	trace	
<b>Vitamin A</b>		7%
<b>Vitamin C</b>		5%
<b>Calcium</b>		2%
<b>Iron</b>		2%

\* Percent Daily Values are based on a 2000 calorie diet.