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# Herb-Roasted Pork Loin

*The Essential Southern Living Cookbook*

Preparation Time: 25 minutes

Start to Finish Time: 9 hours 45 minutes

**2 tablespoons chopped fresh thyme**  
**2 tablespoons chopped fresh rosemary**  
**2 tablespoons Kosher salt**  
**1 tablespoon loosely packed lemon zest**  
**1 tablespoon light brown sugar**  
**3 cloves garlic, pressed**  
**2 teaspoons freshly ground black pepper**  
**1 teaspoon finely crushed coriander seeds**  
**1 teaspoon dry mustard**  
**1/4 teaspoon crushed red pepper**  
**1 (2-1/2- to 3-pound boneless pork loin**  
**3 tablespoons olive oil**

In a small bowl, combine the thyme, rosemary, Kosher salt, lemon zest, brown sugar, cloves, black pepper, coriander, mustard and red pepper. Mix well. Rub over the pork.

Chill, uncovered, for eight to twelve hours.

Let the pork stand at room temperature for 30 minutes.

Preheat the oven to 400 degrees.

In a large skillet over medium-high heat, cook the pork in hot oil for 2 minutes on each side or until browned. Lightly grease a metal rack with cooking spray. Place the pork on the rack in a large roasting pan.

Bake in the preheated oven until a thermometer inserted into the thickest portion registers 145 degrees, 40 to 50 minutes.

Remove the roast from the oven. Let stand for 15 minutes before serving.

Yield: 6 to 8 servings

## **Pork**

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*Per Serving (excluding unknown items): 433 Calories; 41g Fat (83.4% calories from fat); 2g Protein; 17g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 11288mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 8 Fat; 1/2 Other Carbohydrates.*