



Brined Pork Loin Roast



DIFFICULTY: MID



PREPARATION TIME: 20
MINUTES



COOKING TIME: 1 HOUR, 30
MINUTES



SERVES: 8-12

Ingredients

750 ml boiling water
4 tbsp salt
6 tbsp honey
¼ bunch thyme
4 cloves garlic, smashed
750 ml ice water
2 kg pork loin roast, boneless and rind off
1 tbsp olive oil
3 tsp salt

Method

In a large sealable container, add the boiling water, salt, honey, thyme and garlic. Stir until the salt and honey are dissolved. Add the ice water and stir until the ice melts. Remove the string if the pork loin roast is tied. Then remove the skin and set aside. Add the pork, laying it flat in the brine and ensure the brine covers the meat. Soak the pork for 24-36 hours in the refrigerator. The longer you soak the pork the stronger the flavours will be.

Preheat the oven on CircoTherm® to 160°C with a high level of steam.

Place the pork on a wire rack with the universal tray underneath lined with baking paper. Pat dry and rub with the olive oil and salt. Roll the pork and tie with string at 5 cm intervals. Place the pork on shelf level 2 and cook for 60 minutes.

After 30 minutes place the crackling on a separate baking tray on level 3 and liberally coat with salt and olive oil. If VarioSteam® is not available add water to the universal enamel tray while cooking.

After the hour of cooking turn oven function to CircoRoast® at 180°C with no added steam and cook for a further 20 minutes. Allow pork to rest at least 15 minutes before carving.

Notes

Be adventurous and add other flavouring ingredients to the brine. Try different herbs and spices, maple syrup, orange juice or wine.