

Oven Roast Loin Of Pork With Baby Onions In A Honey Mustard Glaze



Servings: 5-6

Prep Time: 20min + brining time

Cook Time: 1hr

Ingredients

Brine

- 1/4 cup (60 ml) coarse salt or, if using table salt, reduce by 2 T (30 ml)
- 1/4 cup (60 ml) brown or yellow sugar
- 1 litre cold tap water
- Mix all the ingredients together to dissolve.
- 1 kg pork loin roast, rolled with skin removed
- olive oil
- Ina Paarman's Rosemary & Olive Seasoning
- 500 g pickling onions
- 1 x 200 ml Ina Paarman's Honey Mustard Coat and Cook Sauce

Directions

1. Pour the brine mixture into a resealable plastic bag. Add the pork loin and roll the bag up tight against the meat so it is covered by the brine. Secure with a peg or clip. Leave at room temperature for 1 hour. (Minimum brining time is 30 minutes and maximum 6 hours). Remove the meat from the brine and dry it off.
2. Preheat oven to 170C.
3. Warm a heavy based frying pan until very hot. Add oil and swivel to coat the base of the pan. Brown the meat all around. Remove from the pan and season sparingly with Rosemary & Olive Seasoning. Add the onions to the remaining oil in the pan and shake the pan vigorously to brown the onions.
4. Remove the onions and season with Rosemary & Olive Seasoning. Add sauce to the pan. Return the meat to the pan and turn it around in the sauce to coat evenly. Add onions and shake to coat. Place the pan in the oven and roast, uncovered, for 1 hour. Rest for 10-15 minutes, in the pan, covered. Remove string.
5. Slice into neat slices across the grain. Delicious served with baked potato wedges wrapped in bacon and baby cabbage ribbons dressed with olive oil and fresh parsley.