



HERB CRUSTED PORK LOIN ROAST



PREP TIME: 10 MIN | COOK TIME: 70 MIN | SERVINGS: 6

Classic roast pork has a crispy brown crust and juicy centre. It can be served with any vegetables you have on hand. Scrape the pan and use the drippings to make a delicious gravy.



ABOUT THE CHEF

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



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INGREDIENTS

- ¼ cup (60 mL) Dijon mustard
- 2 tsp (10 mL) garlic powder
- 1 ½ tsp (7.5 mL) salt
- 1 tsp (5 mL) ground black pepper
- 2 tsp (10 mL) dried basil
- 2 tsp (10 mL) ground sage
- 2 tbsps (30 mL) Worcestershire sauce
- 3.2 lbs (1.45 kg) boneless pork loin

DIRECTIONS

1. Preheat oven to 175°C (350°F).
2. In a small bowl, mix the mustard, garlic powder, salt, pepper, basil, sage and Worcestershire sauce together to form a paste.
3. Rub the paste evenly on all sides of the meat. Place meat on a rack in either a baking pan or a roasting pan.
4. Roast the pork loin for about 70 minutes, loosely covering it with foil once it is nicely browned on top.
5. Remove the roast from the oven when the internal temperature reaches 71°C (160°F). Cover with foil and let rest for 20 minutes before serving.

TIPS

- » Chill leftovers for up to 3 days in the fridge.
- » To freeze, let it cool, then wrap in foil followed by plastic food wrap. Freeze for up to 3 months. When ready to use, thaw roast in fridge overnight, remove plastic wrap, and heat (in foil) to serving temperature 74°C (165°F) or higher.