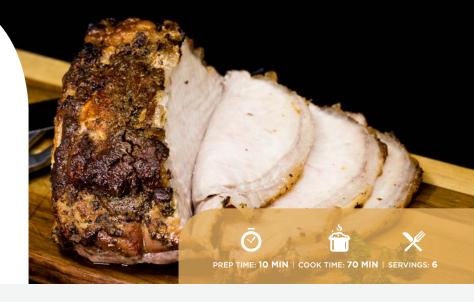
HERB CRUSTED PORK LOIN ROAST



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.



INGREDIENTS

4 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 tbsp (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.



- » 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.