

Brined Pork Loin

2012 PolyScience;



Serves: 4-6
Prep time: 18 hours
Cook time: 3 hours

Ingredients:

Boneless Pork Loin
Peels of One Lemon and One Orange

Brine (according to recipe below)
5 tablespoons pickling spice
1 tablespoon whole black peppercorns
1/2 cup cane sugar
1 tablespoon honey
2 cup kosher salt
4 cups water
1 bunch fresh thyme leaves

Preparation: Brined Pork Loin

Step 1:

Combine all brine ingredients in a saucepan, bring to a boil.

Cool completely, refrigerate until ready for use.

Place pork loin in brine and let sit, refrigerated, 12-18 hours.*

*The longer the pork sits in the brine, the stronger the salt flavor will be, after cooking.

Step 2:

Rinse brine from pork loin and vacuum seal with enough olive oil to coat liberally.

Step 3:

Set the rear pump flow switch of the Sous Vide Professional™ to fully closed. Set the front flow switch to the maximum flow. Set the temperature of the Sous Vide Professional™ to 60°C / 140°F.

Step 4:

Once target temperature is reached, place vacuum sealed pork loin in circulating water bath.

Step 5:

Cook sous vide for about 2-3 hours.

Step 6:

Drain all liquids from bag, dry surface of pork loin with clean kitchen towel. In a hot, large sauté or roasting pan, brown entire surface of pork loin. Season with salt and pepper to taste.