



## Pork Loin - Sous Vide

This recipe is a regular favorite, and economical as well. I purchase a whole pork loin when they are on sale (usually under or close to \$2 / lb.) I then cut it up into 4-5" sections and vacuum seal and freeze them. I can yield 5 or 6 chunks per loin. You can make them bigger or smaller based on your needs.

- one pork loin section -

Trim off as much of the fat as possible. Pork loin usually has a fairly thick fat cap on one side. Cut all of this fat into small pieces and refrigerate them. You will need this later.

- Generously season all sides of the pork loin with the pork rub, found in Michael Symon's *Playing With Fire* book. If you barbecue or smoke meats, this is a must-have book. I don't have the exact quantities for this roast because I make this rub in large batches and keep it with my go-to seasonings.

- Pork Rub -

- 2 parts kosher salt
- 2 parts freshly ground black pepper
- 1/2 part celery seed
- 1/2 part ground coriander
- 1 part sweet paprika

- Seal the seasoned roast with a vacuum sealer, ready for Sous Vide.

- Sous Vide the roast at 145 degrees for 4-1/2 hours.

- About 30 minutes before the roast is done in the Sous Vide, render those pork fat pieces you prepared earlier by cooking them in (preferably) an iron pan, on medium heat. Toss occasionally until they are nicely browned. Remove the browned pieces with a slotted spoon and set them aside. Drain off the remaining liquid fat into your grease can, saving a tablespoon or two for later. Leave the pan coated.

- Prepare the Glaze (optional, but worth it!)

- Mix 2 parts pickle juice to 1 part brown sugar in a pot, and cook on low heat, stirring regularly. Let it slow-boil for a few minutes. Then remove from heat and set it aside to cool.

- When your pork has finished cooking, remove it from the Sous Vide and cut it open. Take the roast out, but retain all of the juice that is in the bag. Using the iron pan you rendered the fat in, brown all

sides of the roast on medium-high heat.

- When the roast has been browned on all sides, remove it from the pan and set it on a cutting board to rest.
- Make the Gravy -
- Have hot water ready!
- Have the pork juice from the Sous Vide bag ready!
- Have your pan on medium heat.
- Put a tablespoon or two of the fat you saved when draining the rendered bits. (we call them cracklins...)
- Add an equal part of butter.
- When the butter has melted, add 1 tablespoon of flour. As you are adding the flour, whisk, whisk, whisk!
- As soon as it thickens a bit (doesn't take long!) start adding hot water. Keep whisking! When you get the desired quantity of gravy you want, stop adding water. Keep whisking. Add the pork juice from the Sous Vide bag. Keep whisking!
- After a few minutes, check the consistency of the gravy. If it is too thick, add more water. If it is too thin, you can slowly add more flour, BUT it must be dissolved in cold water first, or it will clump. Use the smallest amount of water necessary to dissolve the flour.
- When you have achieved the desired consistency, taste test the gravy. Sometimes it is perfect, sometimes it is not. If needed, add a bit of garlic powder, and add some of the Symon's Pork Rub, a little at a time, until it tastes right.
- Reheat the glaze until it becomes syrupy. Use a basting brush to coat all sides of the pork loin.
- Slice the pork loin into servings.
- Serve with your favorite sides!

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