



## JERNEJ KITCHEN

# BONELESS PORK LOIN ROAST WITH SAGE AND GARLIC

*Boneless Pork Loin Roast with Sage and Garlic. Incredibly juicy and tender meat. Made in just one hour.  
Master a tasty pork roast with this easy recipe.*

SERVES	4	PEOPLE
PREPARATION:	5	MINUTES
ROAST:	50	MINUTES
TOTAL TIME	55	MINUTES

### BONELESS PORK LOIN ROAST

800 g boneless pork loin roast (1.8 pound)

1 tbsp dijon mustard

2 tbsp olive oil

2 garlic heads

1 onion

50 ml white wine (for example Chardonnay)

120 ml water

bay leaf, sprig of thyme, a couple of sage leaves

### TOOLS AND EQUIPEMENT

large bowl or deep baking dish

roasting pan

saucepan

kitchen thermometer

parchment paper

aluminum foil

### PREPARE THE BONELESS PORK LOIN ROAST

You can make this whole step one day ahead or half an hour before roasting: Place the meat to a large bowl or deep baking dish. Season with salt and pepper. Brush the whole pork with Dijon mustard and drizzle with olive oil. Rub it all over until it's coated. Set aside for at least 30 minutes (room temperature).

### TIE THE BONELESS PORK LOIN (OPTIONAL)

Optionally tie the boneless pork loin with string before roasting. That gives the meat a better shape to ensure even cooking in the oven. Tie in three or four places, so that the loin is evenly thick on all sides.

### ROAST #1

Preheat the oven to 230 °C / 450 ° F. Cut the onion and garlic in half (no need for peeling the skin off). Add to a large roasting pan. Transfer the marinated pork loin to the pan and place in the oven. Roast for 10 minutes at 230 °C / 450 ° F.

### HERBS

Pour wine to a saucepan. Place over medium-high heat and bring to a boil. The alcohol will evaporate. Leave to boil for about 2 minutes, then pour in the water. Add bay leaf, thyme and sage. Bring to a boil and remove from the heat.

### ROAST #2

After the first 10 minutes of roasting, pour the white wine mixture to the roasting pan. Bake for another 40 minutes at 180 °C / 355 °F. Make sure to pour some of that amazing wine mixture over the pork loin every 10 - 15 minutes while the pork loin is roasting. This way the pork loin will be incredibly nice and juicy. A simple rule how to roast a pork loin is this: After

the first 10 minutes of roasting, roast the pork loin additional 20 - 25 minutes for every 450g / 1 pound pork loin, in our case 10 minute + 40 minutes total.

## SERVE

Check if the pork is done, the key to good, juicy pork is not overcooking it. Using a kitchen thermometer check the temperature of the thickest part of the pork loin. The temperature should be around 68 - 70 °C / 155 - 158 °F. If the temperature still isn't there, roast for another 5 - 10 minutes, then remove from the oven. Cover the roasting pan with parchment paper, then cover with another layer of aluminum foil. Leave the boneless pork loin to rest at room temperature for about 10 minutes. The meat will continue to cook and the temperature should go up for about 5 - 6 °C / 40 - 42°F. Slice the pork thinly and place on to a serving platter. Serve with mashed potatoes or mashed cauliflower (healthier option). Other great sides are orange glazed carrots and easy kale salad. Enjoy