

Maple-Brined Pork Loin

Ingredients

4 c Cold Water
1/4 c Kosher Salt
1/3 c Maple Syrup (plus 2
tablespoons)
3 clv Garlic (crushed)
3 T Ginger (chopped)
2 t Dried Rosemary
1 T Ground Black Pepper
1/2 t Red Pepper Flakes
2 1/2 lb Pork Loin
1 T Vegetable Oil
2 T Dijon Mustard

Instructions

- 1.Mix water, salt, 1/3 cup maple syrup, garlic, ginger, rosemary, black pepper, and red pepper flakes in a large bowl. Place pork loin in brine mixture and refrigerate overnight.
- 2.Preheat oven to 325 degrees. Remove pork from brine, pat dry, and season all sides with salt and black pepper.
- 3.Heat in an oven-proof skillet over high heat and add vegetable oil. Cook pork, turning to brown each side, about 10 minutes total. Transfer skillet to the oven and roast until pork is browned, about 40 minutes.
- 4.Meanwhile, mix 2 tablespoons maple syrup and Dijon mustard together in a small bowl. Remove pork roast from the oven and spread maple syrup mixture on all sides.

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5. Cook for an additional 15 minutes, until the pork is no longer pink in the center. An instant-read thermometer inserted into the center should read 155 degrees.