

THE OTHER SIDE OF THE SPATULA

Living a Tasty Life with Donna DelCora

Provençal Crusted Dijon Pork Loin

Ingredients:

- 3-pound boneless pork loin
(have butcher cover with fat and tie)
- 2 tablespoons Dijon mustard
(reserve 1 tbs to finish sauce at the end)
- 2 large garlic cloves, sliced
- 1 cup of water
- 1 cup chicken stock - divided
- ½ cup dry white wine
- 2 tablespoons Herbes de Provence
- Kosher salt
- Ground black pepper

Directions:

- Place the pork loin on a piece of wax paper fat side up.
- With a small sharp knife, make as many tiny slits in the meat as you have pieces of garlic.
- Insert garlic slices into these slits.
- With a pastry brush, brush on 1 tablespoon of the Dijon mustard, coating the roast top and sides.
- Mix the Herbes de Provence with kosher salt and cracked black pepper to taste.
- Sprinkle the mixture over the entire top and sides of pork (whatever excess falls on wax paper, sprinkle back on.)
- Heat oven to 350 degrees. Place the pork in a small to medium-size roasting pan.
(If the pan is too big, the drippings will evaporate too quickly.)
- Pour the water and ½ cup chicken stock around the meat and place it in the hot oven.
- Cooking time should take between 50 to 60 minutes.
- Remove from oven at 145 degrees; do not overcook. I rely on an instant-read thermometer.
- Once the desired temperature is reached, remove the roast to a cutting board.
- Immediately deglaze the hot roasting pan with white wine, scraping up the brown bits, whisk in the remaining Dijon mustard and chicken stock.
- Pour this mixture into a small saucepan, whisk over heat for 2-3 minutes and serve over sliced pork roast.

Notes:

Herbes de Provence is a mixture of dried herbs, often consisting of savory, marjoram, rosemary, thyme, oregano, basil, and tarragon. Prepared dry mixes are available for purchase at Whole Foods, Williams and Sonoma, gourmet markets, and if you are lucky, at TJ Maxx and Homegoods in the food section. Amazon is always a sure choice.

I used Chairmans Reserve Pork loin to make this recipe. It is a division of Tyson and sold in most major supermarkets. It is consistently tender and juicy due to its “marbling.” Yes, it makes a difference.

