

Recipe**Maple-Brined Pork Loin****Ingredients**

4 cups Cold water
 1/4 cup Salt
 1/3 cup Maple syrup
 3 cloves Garlic, crushed
 3 Tbs Ginger, fresh, chopped
 2 tsp Rosemary, dried
 1 Tbs Black Pepper, cracked
 1/2 tsp Red pepper flakes
 Salt and Pepper
 1 Tbs Vegetable Oil
 2 Tbs Maple syrup
 2 Tbs Dijon Mustard
 2.5lb Pork Loin Roast, boneless

Category

Meat

Servings**Notes**

This is awesome!

Instructions

1. Mix water, salt, 1/3 cup maple syrup, ginger, rosemary, black pepper and red pepper flakes in a large bowl. Place pork loin in brine mixture and refrigerate for 8 to 10 hours.
2. Remove pork from brine, pat dry, and season all sides with salt and black pepper. At this point roast can be refrigerated and cooked the following day.
3. Preheat oven to 325 degrees
4. Heat vegetable oil in an oven proof skillet over high heat. Cook pork, turning to brown each side, about 10 minutes total.
5. Transfer skillet to the oven and roast until pork is browned, about 40 minutes.
6. Mix 2 tablespoons of maple syrup and Dijon mustard together in a small bowl.
7. Remove pork roast from the oven and spread maple syrup mixture on all sides. Cook for an additional 15 minutes, until the pork is no longer pink in the middle. An internal thermometer should read 145 degrees.