



Best Damn Oven Roasted Pork Loin

Source: *recipeteacher.com*

Bob and Robin Young, Boise, ID 16 Jan 2025

The Captain's Shack PDF: CS-Pork-Loin.pdf

Note: Tender, juicy pork loin roast expertly seasoned and roasted to perfection in your oven for about an hour. This mouthwatering recipe uses all simple ingredients and steps.

Prep: 25 min

Cook: 1 hr

Total: 1 hour 25 min

Yield: 4-6 servings

Ingredients:

2-3 lbs Pork Loin Roast, boneless

1 tbs Kosher Salt, don't use table salt

1 T Worcestershire sauce

1 Egg White

1 T Baking Soda

1 t Smoky Paprika

1 t Onion Powder

1 t Garlic Powder

! T CS Protein Rub, optional (<https://www.rockinrs.com/CS-Pork-Rub.pdf>)

1 t Rosemary, dried and crushed

1 t fresh ground Tellicherry Black Pepper

Directions:

Preheat oven to 425°F. Line a sheet pan with aluminum foil, spray with a little non-stick cooking spray and set aside.

Mix all dry ingredients in a small bowl and set aside.

Trim any excess fat from top of pork loin roast. Place roast on a large plate and coat with Worcestershire sauce mixed with the other liquid ingredients, including baking soda, then with dry seasonings. Rub liberally on all sides of the pork.

Place seasoned pork roast, fat side up, on foil lined sheet pan and place in oven at 425°F for 15 minutes.

After 15 minutes, reduce heat to 375°F and continue roasting for about 45 minutes or until internal temperature of the pork is 145°F at the center of the roast.

Remove from oven and tent pork roast loosely with a piece of foil for 5-10 minutes before serving.