

# *Idiot's Kitchen Recipe – Pork Loin Roast*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



## Ingredients:

1 Boneless Pork Loin Roast (about 3 pounds)  
2-3 cloves garlic, chopped  
2-3 Tablespoons fresh rosemary, chopped  
¼ cup whole grain mustard  
2-3 Tablespoons olive oil  
2-3 Tablespoons flour  
½ cup dry white wine  
1 – 1 ½ cups chicken broth or half and half combination of chicken and beef broth  
Salt & Pepper

Preheat the oven to 400 degrees.

Note: if your roast did not come already tied up from the store, tie it with clean cooking string. If your roast comes with a plastic mesh, PLEASE remove it and re-tie with string or you will not be able to coat the outside of the roast with the mustard topping.

Make a topping for the pork by combining 2-3 Tablespoons of chopped garlic with 2-3 Tablespoons of chopped fresh rosemary leaves. Add ¼ cup of whole grain mustard and 2-3 Tablespoons of olive oil and stir to make a paste. Season with salt & pepper.

Smear the mustard paste over the top, bottom, and sides of the roast. Place in a shallow roasting pan and cook at 400 degrees for 15 - 20 minutes per pound or until the internal temperature is 140 degrees. I always start to check the temperature after 45-50 minutes of roasting time. For people who like more well done meat, cook until 150 degrees but not longer or you risk having dry meat.

Remove the roast from the pan, tent with foil, and let it rest for at least 10 minutes.

If you want gravy, add 2-3 Tablespoons of flour to the drippings in the pan and stir to make a roux. Add ½ cup of dry white wine and stir to remove the lumps. Pour in 1 to 1 ½ cups of chicken broth until you have the consistency of gravy that you like. Season with salt & pepper. If the little bits and specks in the gravy bother you, strain the gravy before serving.

Makes 6-8 servings.