

Pork Roast

Serves 4

Preparation time: 10 minutes

Cooking time: 60-80 minutes

This is another of those roasts that you don't do much with. Just buy a good , pasture-raised center-cut pork loin roast. Either bone-in or boneless will do, but some people think bone-in is more flavorful. This recipe calls for starting the roast at a high temperature to help sear in the flavor. Alternatively, you can sear it over high heat on the stove-top before roasting. If you have a bone-in roast, the backbone should be cut through in several places so it can be more easily sliced into chops.

- A 3-4 pound pasture-raised pork loin roast
 - Salt and pepper to taste
1. Pre-heat the oven to 450°F.
 2. Pat the meat dry and season with the salt and pepper.
 3. Place in the roasting pan with the rib side down.
 4. Cook for about 10 minutes at 450 then lower the temperature to 275.
 5. Cook for about 20 minutes per pound.
 6. Check the internal temperature with a meat thermometer about 15 minutes before the pork is done. You'll want to remove the roast from the oven when the internal temperature gets to 140 to 150° F depending on how well done you like it.
 7. Allow it to set on a cutting board under a tent of aluminum foil for about 10 minutes before slicing. The temperature of the roast will continue to rise to 150-160° and the pork juices will redistribute throughout the roast.
 8. Slice and serve.