

Brined Pork Loin

Center-of-the-Plate Recipe Suggestion

Serves: 12

Ingredients

- 4 – 5 pound pork loin roast
- 6 cups water
- 1/2 cup salt
- 1/2 cup Dark Brown Sugar
- 2 Bay leaves
- 1 handful of peppercorns
- 4 sprigs of Thyme
- 2 sprigs of Rosemary

Directions:

Combine the brown sugar and salt in the water and bring to a boil. Stir until dissolved and then add the rest of the brine ingredients. Lower heat and simmer for about 5 minutes. Turn off the heat and allow to cool completely to room temperature.

Once the solution has completely cooled (we don't want to start cooking the meat!), add the pork loin roast and brine solution to a Ziplock type bag. Seal and squeeze out as much air as possible.

Put the sealed bag with the now brining pork roast into a pot or large bowl, one that can hold all of the liquid in case something happens to the bag. Place the bowl containing the brining meat into a refrigerator for at least 12 hours, up to 24 hours.

Roast or grill to desired doneness. Let rest, slice and serve.



Chef's Recipe of the Week

Sysco San Francisco Inc

510 226-3000

Brined Pork Loin

Serves - 12 for \$99.00

	Plate/Serving	Total	%
Price:	\$8.25	\$99.00	
Cost:	\$2.29	\$27.45	27.73
Profit:	\$5.96	\$71.55	72.27

SUPC	S	Description	Brand	Qty	Type	Unit Cost	
2589307		PORK LOIN BNLS CNTRCUT	WTMRBLS	1	5.00	LB	\$5.34
1854926		*SUGAR BROWN LIGHT	BKRSCLS	2	0.50	CP	\$0.05
5285275	S	SPICE BAY LEAVES WH	IMP/MCC	3	2.00	EA	\$0.11
1039270		THYME BUNCH FRESH	PACKER	4	4.00	EA	\$0.07
1039288		ROSEMARY BUNCH FRESH	PACKER	5	2.00	EA	\$0.11
6638878	S	SPICE PEPPER BLK WHL	IMP/MCC	6	1.00	GM	\$0.02