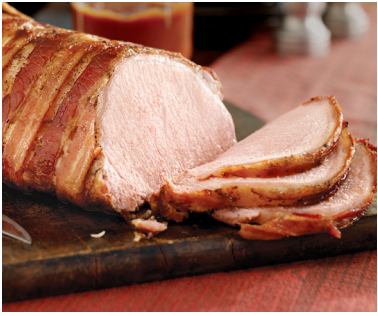


# Roasted Pork Loin & Roasted Potatoes



## INGREDIENTS:

### ROASTED PORK LOIN

#### PORK LOIN

*Oil / Butter / Thyme / Garlic*

#### CABBAGE

*Caramelize – Bacon / Onion /  
Garlic / Cabbage*

*Toss – Parsley*

#### APPLES

*Raw / Caramelized*

#### SAUCE

*Deglaze – Apple Cider / Vinegar  
Cook Down – Chicken Stock  
Mount – Whole Grain Mustard /  
Butter*

### ROASTED POTATOES

*Idaho Potatoes / Oil / Salt /  
Pepper / Thyme / Garlic*

## DIRECTIONS:

### ROASTED PORK LOIN

- Season the pork loin with salt and pepper. Heat the oil in skillet and place pork in skillet till caramelized on all sides. Once caramelized add butter, thyme and garlic and baste till butter is golden brown. Pull pork loin out and let it rest while you cook the cabbage.
- Dump out remaining fat, thyme and garlic but leave the fond on the bottom of the pan. Add a little more oil. Cook onion and bacon till crisp and add garlic and cabbage. Cook everything together till cabbage is crispy. Season the cabbage with salt and pepper. Toss with chopped parsley and place on plate. Wipe out pan and get ready for the sauce.
- Deglaze the pan with apple cider vinegar and apple cider. Let reduce almost to au sec and add chicken stock and do the same. Once the sauce is reduced to the right consistency pull off heat and mount in butter and mustard. Season with salt, to taste.
- To plate; slice pork loin and lay over the cabbage. Pour the sauce over the pork loin and place sliced apples around. Done.

### ROASTED POTATOES

- Cut potatoes into ½ pieces and place in a bowl.
- Coat the potatoes with salt, pepper, oil, thyme and garlic.
- Lay the potatoes out evenly on a sheet try and set the oven to 425 degrees. Roast until golden brown, about 45 min.

**COOKING  
SKILLS  
ACADEMY**