



Cider-Brined Pork Roast with Potatoes and Onions



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



727 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 quart unfiltered apple cider
- ☐ 8 bay leaves divided
- ☐ 1 teaspoon peppercorns black freshly ground plus more
- ☐ 5 pounds bone pork loin roast with kitchen twine
- ☐ 3 tablespoons coriander seeds divided
- ☐ 1 cup kosher salt plus more
- ☐ 1 cup brown sugar light packed ()

- ☐ 5 tablespoons olive oil divided
- ☐ 4 medium and/or onions red yellow halved
- ☐ 2 pounds yukon gold potatoes unpeeled quartered

Equipment

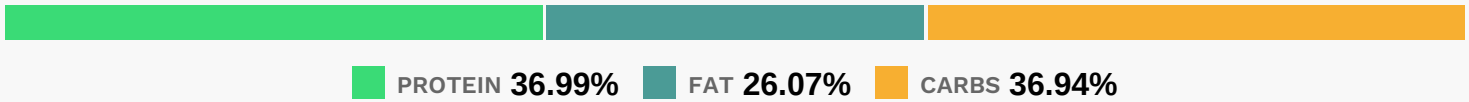
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ cutting board
- ☐ kitchen twine
- ☐ chefs knife

Directions

- ☐ Bring brown sugar, 1 cup salt, 2 bay leaves, 1 tablespoon coriander seeds, 1 teaspoon peppercorns, and 2 cups water to a boil in a medium saucepan. Reduce heat and simmer, stirring occasionally, until sugar and salt dissolve, about 4 minutes.
- ☐ Transfer brine to a large bowl and add cider and 2 cups ice.
- ☐ Let cool.
- ☐ Place pork and brine in a large (2-gallon) resealable plastic bag. Seal bag and chill at least 8 hours.
- ☐ Remove pork from brine and pat dry with paper towels.
- ☐ Let sit at room temperature 1 hour.

- ☐ Toss potatoes and onions with 4 tablespoons oil in a large roasting pan or on a large rimmed baking sheet; season with salt and pepper and set aside.
- ☐ Place rack in lower third of oven and preheat to 425°F. Using the side of a chef's knife, crush remaining 2 tablespoons coriander seeds. Season pork with salt and pepper and rub all over with crushed coriander.
- ☐ Heat remaining 1 tablespoon oil in a large skillet over medium–high heat. Cook pork until browned on all sides, 8–10 minutes.
- ☐ Transfer pork to roasting pan and nestle in among vegetables. Tuck remaining 6 bay leaves under kitchen twine over top of pork. Wrap bone tips with foil to prevent burning and roast, turning vegetables halfway through, until an instant–read thermometer inserted in the center of pork registers 140°F, 60–75 minutes.
- ☐ Remove foil from bones and transfer pork to a cutting board; let rest 30 minutes before slicing between ribs into chops.
- ☐ DO AHEAD: The pork can be brined 2 days ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:22.94, Glycemic Load:21.06, Inflammation Score:-7, Nutrition Score:35.73391325707%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg, Catechin: 1.48mg Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg, Epicatechin: 5.57mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 727.08kcal (36.35%), Fat: 20.93g (32.2%), Saturated Fat: 4.85g (30.33%), Carbohydrates: 66.75g (22.25%), Net Carbohydrates: 62.13g (22.59%), Sugar: 41.27g (45.86%), Cholesterol: 178.6mg (59.53%), Sodium: 14307.98mg (622.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 66.82g (133.64%), Vitamin B6: 2.58mg (128.84%), Selenium: 80.15µg (114.5%), Vitamin B1: 1.4mg (93.46%), Vitamin B3: 17.71mg (88.55%), Phosphorus: 736.48mg (73.65%), Potassium: 1808.63mg (51.68%), Zinc: 5.69mg (37.95%), Vitamin B2: 0.61mg (35.78%), Vitamin

C: 27.91mg (33.84%), Magnesium: 121.29mg (30.32%), Vitamin B5: 2.62mg (26.17%), Manganese: 0.52mg (25.99%), Vitamin B12: 1.45µg (24.1%), Iron: 3.44mg (19.11%), Copper: 0.37mg (18.62%), Fiber: 4.62g (18.47%), Vitamin E: 1.67mg (11.12%), Calcium: 98.13mg (9.81%), Vitamin K: 8.54µg (8.14%), Vitamin D: 1.13µg (7.56%), Folate: 29.14µg (7.29%)