



Pork Roast with Cardamom Mushroom Sauce

READY IN



90 min.

SERVINGS



8

CALORIES



569 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup coarse kosher salt
- ☐ 0.8 cup sugar
- ☐ 1 gallon water cold
- ☐ 1 tablespoon pepper
- ☐ 1.5 cups onion divided chopped (2 medium onions)
- ☐ 6 tablespoons olive oil extra virgin
- ☐ 2.3 teaspoons ground cardamom divided
- ☐ 1 large garlic clove
- ☐ 4 pound center-cut pork loin roast boneless

- ☐ 8 servings salt and pepper
- ☐ 1.5 pounds mushrooms sliced
- ☐ 2 cups chicken broth divided
- ☐ 0.5 cup whipping cream
- ☐ 1 tablespoons all purpose flour
- ☐ 1 tablespoons butter room temperature

Equipment

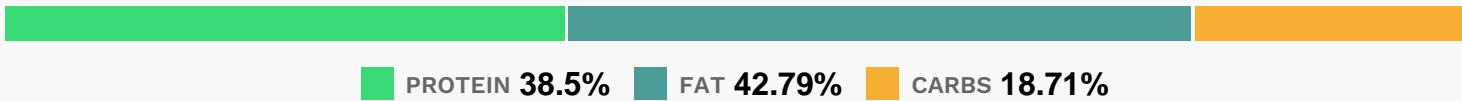
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ roasting pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ the pork roast:
- ☐ Whisk together the salt, sugar, and water until the salt and sugar have completely dissolved.
- ☐ Add the pepper.
- ☐ Submerge pork in the brine solution and chill for 1 to 2 days. Note that thick, gallon-sized freezer bag is great for brining; if you use one, you probably only need half as much brine solution. Even if you are using a bag, place in a bowl just in case the bag leaks.
- ☐ Rinse the roast thoroughly of the brine solution before cooking, pat dry.
- ☐ Preheat oven to 350°F.

- ☐ Make onion garlic cardamom rub: Purée 1/2 cup chopped onion, 2 Tbsp olive oil, 2 teaspoons ground cardamom, and garlic in a food processor or blender.
- ☐ Rub roast with onion purée, surround with mushrooms and onions in roasting pan: Toss remaining 1 cup of chopped onion with mushrooms and 4 Tbsp olive oil in a bowl.
- ☐ Place pork roast in the center of the roasting pan.
- ☐ Sprinkle the roast with salt and pepper. Rub roast with onion garlic purée. Surround the roast with mushrooms and onions.
- ☐ Roast pork, remove mushrooms, add broth and water: Roast pork 1 hour at 350°F.
- ☐ Remove from oven after one hour and remove the mushrooms, placing them into a large saucepan.
- ☐ Add 1 cup broth and 1/2 cup water to roasting pan.
- ☐ Return roast to oven and roast pork until thermometer inserted into thickest part registers 140°F–145°F, about 15–20 minutes longer.
- ☐ Transfer pork to platter; tent with foil.
- ☐ Make mushroom cream sauce with pan drippings: Scrape the drippings from the roasting pan into the pan with the mushrooms.
- ☐ Add the cream, remaining cup of broth, and 1/4 teaspoon cardamom to pan; bring to boil. Blend flour and butter in small cup; mix into mushroom sauce.
- ☐ Cook the sauce, stirring often, until reduced enough to coat spoon. Season sauce with salt and pepper; serve with pork.

Nutrition Facts



Properties

Glycemic Index:40.14, Glycemic Load:14.98, Inflammation Score:-6, Nutrition Score:31.081304633099%

Flavonoids

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: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg, Quercetin: 6.1mg

Nutrients (% of daily need)

Calories: 569.34kcal (28.47%), Fat: 27.07g (41.65%), Saturated Fat: 8.68g (54.24%), Carbohydrates: 26.64g (8.88%), Net Carbohydrates: 24.9g (9.05%), Sugar: 22.37g (24.85%), Cholesterol: 164.63mg (54.88%), Sodium: 11178mg (486%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.81g (109.62%), Selenium: 72.13µg (103.04%), Vitamin B6: 1.85mg (92.53%), Vitamin B3: 16.35mg (81.73%), Vitamin B1: 1.11mg (74.19%), Phosphorus: 607.3mg (60.73%), Vitamin B2: 0.85mg (49.9%), Potassium: 1209.08mg (34.55%), Zinc: 4.79mg (31.95%), Vitamin B5: 3.06mg (30.62%), Copper: 0.52mg (26.21%), Manganese: 0.42mg (20.81%), Vitamin B12: 1.23µg (20.49%), Magnesium: 79.17mg (19.79%), Vitamin E: 2.03mg (13.54%), Iron: 2.13mg (11.84%), Vitamin D: 1.32µg (8.77%), Vitamin K: 8.28µg (7.88%), Fiber: 1.74g (6.96%), Calcium: 60.85mg (6.09%), Folate: 22.66µg (5.67%), Vitamin A: 268.31IU (5.37%), Vitamin C: 4.33mg (5.25%)