



Vanilla and Black Pepper Pork Loin

 Gluten Free

READY IN



1535 min.

SERVINGS



6

CALORIES



550 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apple cider divided
- 0.3 cup apple cider vinegar
- 0.3 teaspoon pepper black freshly ground
- 0.3 cup peppercorns black
- 2.5 pound pork loin boneless
- 0.3 cup butter divided
- 2 tablespoons canola oil
- 1 slices celery root sliced sliced into 1/2-inch slices (celery root)

- 2 sticks cinnamon (2-inch)
- 3 medium granny smith apples cored sliced into 1/2-inch wedges
- 0.5 cup granulated sugar
- 0.5 cup kosher salt
- 6 servings kosher salt
- 1 tablespoon brown sugar light
- 2 vanilla beans split
- 1 teaspoon vanilla extract
- 9 cups water

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- roasting pan
- kitchen thermometer
- stove
- cutting board

Directions

- Watch how to make this recipe.
- For the brine: In a large saucepan, combine the water, vanilla beans and seeds, cinnamon sticks, cloves, and black peppercorns. Bring to a boil over medium heat.
- Add the sugar and salt; stir to dissolve. Turn off the heat, and then cool to room temperature (this can take an hour or so; put it in the fridge to hasten the process. Alternatively, you can boil only 4 cups of water and then add 5 cups of ice cubes).
- When cool, pour the brining solution into a container large enough for the pork and the solution, such as a disposable aluminum roasting pan. Cover and refrigerate overnight or up to 24 hours.

- Preheat the oven to 325 degrees F.
- Pull the pork out of the brine and pat dry with paper towels. Warm the oil in a large, ovenproof skillet over medium-high heat until nearly smoking.
- Add the pork to the pan and brown on all sides, about 15 minutes.
- Remove to a plate.
- Add 2 tablespoons butter to the pan and reduce the heat to medium.
- Add the apples and celeriac. Season with salt and saute until golden brown. Deglaze with vinegar and 1 cup cider, scraping up any brown bits. Stir in the brown sugar.
- Nestle the pork loin in the apples and celeriac and pour enough cider into the pan to keep things from burning on the bottom of the pan, about 1 cup.
- Transfer the pan to the oven. Roast until a meat thermometer inserted in the center of the loin reads 145 degrees F, about 45 minutes.
- Transfer the pork to a cutting board and let rest 10 minutes before carving (pork will continue to cook as it rests).
- Meanwhile, return the pan to the stove over medium heat. Finish the sauce by adding in more cider if the pan is too dry. Stir in the remaining butter and the vanilla and black pepper. Taste for seasoning and readjust, if necessary.
- Slice the pork into 1/2-inch thick slices. Arrange on the platter with the apples and celeriac.
- Drizzle the sauce over the meat.

Nutrition Facts

■ PROTEIN **31.56%** ■ FAT **33.9%** ■ CARBS **34.54%**

Properties

Glycemic Index:56.14, Glycemic Load:19.8, Inflammation Score:-5, Nutrition Score:27.773913435314%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg, Catechin: 2.17mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg, Epicatechin: 10.56mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg,

Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg, Quercetin: 4.11mg

Nutrients (% of daily need)

Calories: 549.65kcal (27.48%), Fat: 20.91g (32.17%), Saturated Fat: 7.75g (48.43%), Carbohydrates: 47.92g (15.97%), Net Carbohydrates: 42.44g (15.43%), Sugar: 35.83g (39.81%), Cholesterol: 139.4mg (46.47%), Sodium: 9803.68mg (426.25%), Alcohol: 0.23g (100%), Alcohol %: 0.04% (100%), Protein: 43.8g (87.59%), Manganese: 1.63mg (81.41%), Selenium: 53.21µg (76.01%), Vitamin B6: 1.51mg (75.54%), Vitamin B1: 0.88mg (58.72%), Vitamin B3: 11.14mg (55.69%), Phosphorus: 460.59mg (46.06%), Potassium: 1036.82mg (29.62%), Vitamin B2: 0.42mg (24.47%), Zinc: 3.67mg (24.47%), Fiber: 5.48g (21.92%), Vitamin K: 22.7µg (21.62%), Magnesium: 80.1mg (20.02%), Copper: 0.35mg (17.38%), Vitamin B5: 1.66mg (16.59%), Vitamin B12: 0.98µg (16.33%), Iron: 2.41mg (13.42%), Vitamin E: 1.58mg (10.56%), Calcium: 98.48mg (9.85%), Vitamin A: 344.11IU (6.88%), Vitamin C: 4.95mg (6%), Vitamin D: 0.76µg (5.04%), Folate: 4.81µg (1.2%)