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PORK LOIN ROAST & SEASONAL VEGETABLES

CONVECTION MODE

While pork shoulder is one of the easiest cuts of meat to cook, successfully cooking a lean pork loin is much more challenging.

When roasting lean tender cuts of meat the best method to ensure moisture retention is to use a Convection mode and a low temperature. Using your oven Meat Probe (if equipped) will definitely help you avoid overcooking the meat. It's quite safe to target a slightly lower internal temperature as the internal temperature of the meat will rise during the recommended resting time of 12 - 15 minutes.

Allow approximately 35 - 40 minutes cooking time for a 2-2.5lb roast. Increase the temperature for the final 10 - 12 minutes of cooking time. When the oven temperature is increased add the vegetables and cook them for 20 - 25 minutes. By the time the meat has rested and been sliced everything will be ready to serve at the same time.



Ingredients

- 1 boneless pork loin roast 2 - 2.5lbs
- 1 tsp Kosher salt
- 1 tbsp mild chili spice rub
- 1 tsp olive oil

Optional - Roasted Apples

- 2 Granny Smith apples, core removed, cut into large 2" chunks
- ½ medium yellow onion, cut into 2" chunks
- ½ tbsp dried thyme
- 1 tbsp olive oil

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Directions

Heat the oven in the Convection Roast or Convection Bake mode 320 degrees.

Combine the apples and the onions and spread them around the pork (you can also cook them in a separate pan). Combine the seasonings and oil and rub into the pork loin and place the roast on a rack in a shallow pan.

If using the oven Meat Probe, insert the sensor into the meat then slide the pan onto the center rack of the oven.

To program the Meat Probe, touch the probe symbol or icon and program to 140 degrees and set the oven timer for 25 minutes. When the timer has elapsed, increase the oven temperature to 375 degrees. Slide the vegetables onto the lower rack under the meat. Remove the pork loin when the internal temperature reaches 140 degrees and set it aside to rest for 10 - 12 minutes before slicing.

Medley of Roasted Golden Potatoes, Brussel Sprouts and Carrots

In order for the vegetables to be ready to serve with the meat, slice the potatoes into ¼" thick coins, and carrots into ¼" thick diagonal slices, and the brussels sprouts slightly thicker.

Ingredients

1 lb small golden potatoes
½ lb brussels sprouts
3 medium carrots

Directions

Combine the vegetables in a wide shallow bowl and toss with enough olive oil to coat. If the vegetables are prepared in advance don't add salt until you are ready to cook them. When ready to cook, spread the vegetables onto a rimmed baking sheet and toss with a sprinkle of Kosher salt and freshly cracked pepper.

Serves 4