

Milk-Braised Pork Loin

Ingredients:

1 boneless pork loin with fat cap (3 – 3 ½ lbs.), tied
1 tbl. extra virgin olive oil
3 sprigs fresh sage
3 sprigs of fresh rosemary
2 bay leaves
2 tbl. unsalted butter
5 cloves garlic, peeled and smashed
5 strips fresh lemon zest (1 inch by 2 inches each; from 1 lemon)
1 ½ cup whole milk
1 cup heavy cream

Directions:

Season pork with 1 tbl. salt and ½ tsp. pepper. Heat oil in a heavy-bottomed pot (it should be just large enough to fit pork) over medium-high heat. Add pork, fat side down, and sear, turning as it browns, until browned on all sides, 8 – 10 minutes. Transfer to a plate. Drain fat from pot and wipe out any blackened bits.

Tie together the sage, rosemary and bay leaves into a bouquet with kitchen twine. Melt butter in pot over medium heat. Add herbs, garlic, and lemon zest and cook until fragrant, about 30 seconds. Return pork, fat side up, to pot, along with any accumulated juices. Pour milk and cream over pork, raise heat to medium-high, and bring to a simmer. Partially cover pot, reduce heat, and simmer, undisturbed, until a thermometer inserted into the thickest part of pork registers 140°, about 1 hour.

Transfer pork to a carving board and let rest at least 15 minutes and up to 30 minutes. Increase heat to medium and simmer braising liquid until reduced to 1 ½ cups, 12 to 15 minutes. Discard herbs and lemon zest. Cut pork crosswise into ½ inch thick slices and serve with the milk gravy.

~ Credit: Martha Stewart Living