



THE ingles TABLE

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Brined and Grilled Pork Loin



INSTRUCTIONS

Coat entire Loin in this mixture:

- Olive oil, chopped garlic, cayenne pepper, salt, and pepper.
- Now, place Brined and seasoned pork loin on the grill and cook for about 35 to 45 minutes, or until the Loin reaches 155 degrees internal temperature.

SHOPPING LIST

- 2 lbs. pork loin
- 1/2 bottle white wine
- 1/2 cup sugar
- 1/4 cup salt
- 2 tbsp peppercorns
- 1 tbsp red pepper flakes
- 2 ounces fresh basil, tarragon and thyme
(sub any herbs you like)
- 4 tbsp garlic
- 3-5 bay leaves
- 2 cups of water
- Leave pork loin in brine for at least 24 hours, if you can up to 72 hours, under refrigeration!