

Pork Loin with Spicy Apricot Glaze & Sauce

Author: Hugh Carpenter, Hot Barbecue

*Carolyn T's
Main Cookbook*

Servings: 4



1 1/2 pounds pork loin

Cooking oil to brush on grill rack, if grilling

SPICY APRICOT GLAZE AND SAUCE:

16 whole dried apricots, Turkish preferred (Trader Joe's)

1 1/2 cups apricot nectar

3/4 cup sugar

1/2 cup distilled vinegar

1/2 cup water

1 tablespoon Asian chile sauce, or less, not more

1 teaspoon salt

1/3 cup minced ginger

3 whole garlic cloves, minced

2 tablespoons sesame seeds

2 whole green onions, minced

1/4 cup cilantro, chopped

Serving Ideas: Serve with a vibrantly bright green vegetable.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 1626
Calories; 11g Fat (5.4% calories from fat); 42g
Protein; 378g Carbohydrate; 48g Dietary Fiber; 53mg
Cholesterol; 640mg Sodium. Exchanges: 0
Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 22 Fruit;
1/2 Fat; 2 1/2 Other Carbohydrates.*

Notes: If you purchase a much larger pork roast to make this, don't make more sauce, as this portion makes ample for probably 8-10 people. If you're sensitive to spicy heat, reduce the chile sauce by half. This roast can also be done on a grill (also at 350), or smoked (at 220). Remove when meat has reached 155 to 157 degrees F.

Description: Absolutely off the charts wonderful - especially the apricot sauce.

1. If desired, brine the meat first, for 24 hours (I do). Several hours before cooking remove pork from brine and dry off with paper towels. Let sit out at room temp.
2. Trim off and discard any excess fat from the pork.
3. **APRICOT SAUCE:** In a non-reactive saucepan combine the apricots, nectar, sugar, vinegar, water, chile sauce, salt, ginger and garlic. Bring to a low boil, reduce the heat to a simmer, cover, and cook for 30 minutes. Let cool to room temp, then puree in a blender until completely smooth. Transfer to a bowl. Place the sesame seeds in a dry skillet and toast over medium heat until golden. Add the sesame seeds, green onions and cilantro to the glaze. Can be made ahead and refrigerated, but don't add the sesame seeds, onions and cilantro until just before serving.
4. Make sure the pork has reached 60 degrees F before baking. Use about 1/3 of the apricot glaze to slather over the roast during the last hour before cooking.
5. Preheat oven to 350 F. Insert a meat thermometer into a thick part of the meat, not touching any fat or bone. Brush the pork with a bit more of the apricot glaze a couple of times during the roasting process. Roast pork until the internal temperature reaches 155 degrees F, remove and allow to sit for about 10 minutes tented lightly with foil.
6. Place each slice of pork on a bed of the apricot sauce and pass the remainder in a bowl at the table. Be SURE to either heat all the plates; otherwise the pork will be cold by the time people begin to eat it.