

Baby Crown Pork Loin with Memphis Rub

Author: My own recipe, but the rub is from *The Barbecue Bible* by Steven Raichlen

Carolyn T's
Main Cookbook

Servings: 2



MEMPHIS RUB:

2 tablespoons paprika
1/2 tablespoon dark brown sugar
1/2 tablespoon sugar
1 teaspoon salt
1/2 teaspoon celery salt
1/2 teaspoon cayenne
1/2 teaspoon dry mustard
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

PORK:

1 3/4 pounds pork loin chops (all in one piece, like a small roast), brined for 4-6 hours

1 tablespoon olive oil

Serving Ideas: I served this with a roasted red bell pepper aioli (in a blender combine a cup of well drained and blotted dry -with paper towels - red bell peppers, a garlic clove, a teaspoon of sugar; once pureed, remove to a small bowl and add 1/2 cup mayonnaise, some salt and a bit of red pepper sauce to taste).

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 451 Calories; 22g Fat (43.4% calories from fat); 51g Protein; 12g Carbohydrate; 2g Dietary Fiber; 125mg Cholesterol; 1568mg Sodium. Exchanges: 1/2 Grain(Starch); 7 Lean Meat; 0 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.

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Notes: Any unused rub will keep for several weeks in a small sealed bottle.

1. Brine the pork for about 4-6 hours in 1 1/2 quarts water with brining salt added. Pour out the brine and allow meat to sit out for one hour.
2. Meanwhile prepare the rub by combining the ingredients and mixing well, to remove any lumps.
3. Place the roast on paper towels and dry off well. Pat the rub mixture all over the meat.
4. Preheat oven to 400°.
5. In a large skillet heat the olive oil until it's almost smoking hot, but not quite. Brown pork on all sides, including the end, holding it with tongs as needed. Watch carefully that it doesn't burn as there is sugar in the rub. The rub will cook to a dark caramelized brown as you brown the meat.
6. Insert a meat thermometer in the meat and place the roast in the middle of the oven. If you want the meat to be a little pink in the middle, remove it when it has reached 145°, about 15-20 minutes. Allow it sit for about 10 minutes, loosely tented with foil, or up to 20 while you prepare the rest of your dinner. The meat will heat to about 160° as it sits. Slice the roast in half so each serving includes a bone. If you want no pink in the meat, roast until it reaches 150° and proceed as above.